

HANDBOOK
OF
RESOURCES AND SERVICES
FOR PERSONS WHO ARE BLIND
OR
VISUALLY IMPAIRED

PREPARED BY
California Department of Social Services
OFFICE OF SERVICES TO THE BLIND

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www.dss.cahwnet.gov/cdssweb/PG83.htm

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I. INTRODUCTION

Losing vision can be extremely traumatic. No one gets this news without having a complex set of reactions such as denial, anger, fear and depression.

If you have recently learned that your vision is diminished or likely to worsen in the future, you may be experiencing any or all of these feelings. You may be wondering how you will go on doing what you have always done, how you will maintain your independence and how you will take care of yourself and your family.

Some people think that because they have diminished eyesight they are not a full person. You may be having similar thoughts; you may be feeling very alone. One of your concerns may be that you don't know where to turn for guidance, advice, assistance, support, comfort, information and instruction.

We at the Office of Services to the Blind want you to know that you are not alone. Although only you can make the adjustment to vision loss for yourself, there are many services and support systems that can help you. This ***Handbook*** has been prepared to give you an overview of services available to you and to get you started on the path to a healthy and positive future.

First, let us spend a few minutes expressing our thoughts about persons with visual impairments. Blindness does not equal helplessness or despair. Millions of people in the United States who are visually impaired live happy, healthy and productive lives. They pursue relationships, jobs, hobbies, civic duties, volunteer work, parenting and all the other components of human endeavor with the same effectiveness and satisfaction as fully sighted people. With training in the special skills of independence, individuals can accomplish just about anything they set out to do.

Our philosophy is that the essence of a person does not reside in the ability to see or to perform any particular physical function, but rather in the spirit. The capacity to set the course of one's own life and the conviction to stay on course despite the inevitable obstacles of destiny come from the will. If one such obstacle is the loss of eyesight, it is the inner person who makes the choice between defeat and adjustment. Thus, the onset of a visual disability need not be a barrier to an individual's ability to attain a rich and fulfilling life.

Blind and visually impaired individuals are an integral part of our society. They are employees, breadwinners, spouses, parents and grandparents. They care about the same life functions as everyone else: earning a living, raising a family, being personally fulfilled and making a contribution to others.

The most dangerous thing that you can do at this point is make assumptions about what you will or will not be able to do in the future. You are probably not familiar enough with

the implications of visual impairment to fully know what to expect. Please seek the support and guidance of persons who are knowledgeable. People who have experienced vision loss, as well as professionals trained to assist persons with visual impairments, can be of tremendous help to you in this transition phase.

Before you make any major life decisions such as quitting a job, selling a house, moving in with adult children or others, abandoning hobbies or friends, please contact an agency providing services specifically for visually impaired individuals. Ask them about adjustment counseling, support groups and peer counseling. You will find a list of “California Agencies” in the “Directory of Resources” section of this ***Handbook***.

HOW TO USE THIS ***HANDBOOK***

Think of this ***Handbook*** as a guidebook, describing major points of interest and telling you how to access them. It is not intended to replace in-depth information about any particular program or service, but rather to let you know what is available. Once you find the programs and services that suit your needs, you can do further research about eligibility requirements, fees and other important information.

Since most people who lose vision are more than 50 years of age, this ***Handbook*** is directed to the older population. These individuals are not usually connected to the social service system, and thus, are not familiar with available

resources. Families of visually impaired children should contact the Special Education coordinator in their local school districts for information and assistance.

The final section of this ***Handbook*** is a “Directory of Resources” which will be referenced throughout. In this section, you will find contact information for numerous agencies/organizations and a brief synopsis of their services.

Use this ***Handbook*** as a reference library. You don’t need to read and try to absorb all of it at one time. Look through it and study those sections that seem to respond to your immediate concerns.

Remember to contact us at the Office of Services to the Blind if you have any questions or need further information.

Our contact information is:

**California Department of Social Services
Office of Services to the Blind**

744 P Street, MS 8-16-94

Sacramento, CA 95814

(916) 657-3327

(916) 653-7651 (TTY)

(916) 653-4001 (Fax)

You may also e-mail us at: BlindAccess@dss.ca.gov.

II. FREQUENTLY ASKED QUESTIONS

Question: What is the relationship between age and vision loss?

Answer: Many of the conditions which cause vision loss are associated with aging such as Macular Degeneration, Cataracts, Diabetic Retinopathy and Glaucoma.

Question: Does the term “blind” only refer to persons who are totally blind or have no useful vision?

Answer: The term “blind” technically includes persons whose visual acuity ranges from legal blindness to total blindness. However, the term “visually impaired” is increasingly used to indicate persons with visual impairment ranging from slight to severe. Only about ten percent of the visually impaired population is totally blind. The rest have some useful vision.

Question: What does “legally blind” mean?

Answer: “Legal blindness” is the degree of vision loss established in state and federal law as the basis of eligibility for governmental services such as Supplemental Security Income (SSI), Medi-Cal, and rehabilitation services. Legal blindness is

about ten percent of normal visual acuity or 20/200 or a visual field limited to 20 degrees.

Question: What are the most common causes of vision loss?

Answer: They are Cataracts, Macular Degeneration, Diabetic Retinopathy, Glaucoma and Retinitis Pigmentosa. Information about these conditions can be obtained from their respective associations.

Question: Do most blind people use Braille?

Answer: No. Only about eight percent of blind individuals learn to read Braille. About half of visually impaired persons are over 65 years of age and they tend not to learn Braille.

Question: Are most blind persons of working age employed? What kinds of jobs do they do?

Answer: Approximately 30 percent of blind and visually impaired persons of working age are employed. Blind persons still face a great deal of employer resistance. Employers fear they will not be able to produce competitively with sighted employees. Those who are employed work in a wide range of fields. There are visually impaired teachers, professors, lawyers, machinists, auto mechanics, aviation mechanics, customer service

representatives, public administrators, social workers, psychologists, engineers, medical transcriptionists, court reporters, county, state, and federal workers, stock brokers, insurance agents, travel agents, real estate agents, salespersons, entrepreneurs, factory workers, etc.

Question: Have technological advances had an impact on blind people?

Answer: The development of synthesized speech and the widespread availability of inexpensive speech chips have opened a world of opportunities for visually impaired persons. The major handicap of blindness, the lack of immediate personal access to printed information, has been effectively neutralized by the advent of personal computers which can output information in speech, Large Print or Braille. The use of scanners which convert printed documents into computer files give blind persons access to printed materials in minutes rather than the weeks formerly required to have them recorded on tape or transcribed into Braille. Speech chips have rendered virtually all appliances useable by blind persons. There are talking clocks, calculators, gauges, scales, microwave ovens, remote control devices as well as many kinds of tools with audible output.

Question: What kind of recreational activities do blind people participate in?

Answer: Blind persons engage in a wide variety of sports and recreational pursuits. Blind cross-country skiers ski with a sighted guide who skis beside or behind them and gives verbal clues about the environment. Blind golfers golf with a sighted partner who helps them keep track of their ball. Blind bowlers sometimes use a guide rail to keep their approach straight. Blind cyclists ride on tandem bicycles with a sighted “captain” riding on the front. Blind runners sometimes run touching hands with a partner or just with verbal directions from a fellow runner. There are blind swimmers, water skiers, wind surfers, horse trainers and horse racers. For the less ambitious, there are Large Print and Braille playing cards, tactile board games, puzzles, chess, checkers and many other games.

III. SERVICES FOR PERSONS WHO ARE BLIND OR VISUALLY IMPAIRED

In California, there is no centralized Bureau or Commission for the Blind and Visually Impaired. Many different public and private agencies offer services directed to the various needs of the visually impaired population.

It is sometimes difficult to know what services the various agencies provide and how they can be contacted. The following brief descriptions are designed to give you an initial understanding of how the system works and how to access the services you need.

Several state and county departments provide educational, employment, financial, and health and welfare services. However, many very important services are provided by individual private non-profit agencies located throughout the state. These services include, but are not limited to, adjustment to blindness counseling, peer counseling, support groups, mobility training, training in independent living, low vision services and various educational and recreational activities.

Since these private agencies are independent of each other, there is no uniformity throughout the state in what programs are available. You will need to check with the agency nearest you to find out what programs and services it offers. A list of "California Agencies" is included in the "Directory of Resources" section of this ***Handbook***.

The following is an overview of the available services and how they are accessed.

ADJUSTMENT COUNSELING AND SUPPORT GROUPS

Adjustment to vision loss can be a slow and painful process. The length and difficulty will vary with each individual and will include several stages. Losing sight, even a mild loss, is much like other losses. It usually requires a grieving process including denial, anger, depression, and finally, coping. Experiencing these phases is normal. However, the process should not be allowed to go on too long. The sooner you take steps to accept and cope with your vision loss, the sooner you can resume your normal activities and maintain control over your life. If you are having any trouble moving through and beyond these stages of loss, please reach out for help. The adjustment process can be made easier and shorter with help from caring professionals and from others who have gone through the same process.

Support groups are a wonderful source of inspiration. While providing strong emotional support, they also supply a great deal of useful information about resources available in the community and about coping strategies that have worked for others. Some support groups are focused on a specific condition such as Diabetes or Macular Degeneration. Others are for anyone experiencing sight loss. Some groups

include spouses or significant others while others are only for the individual.

Whatever the design or make-up of the group, it is almost inevitable that good positive results happen from people coming together and sharing feelings and encouragement. Individual counseling is also available both from trained professionals and from peers.

Larger agencies, such as the Braille Institute in Los Angeles, the Rose Resnick Lighthouse in San Francisco and the Society for the Blind in Sacramento, as well as many of the smaller agencies, provide a variety of counseling and support options. Check with the agencies closest to you. See the listing of “California Agencies” in the “Directory of Resources” section of this ***Handbook***.

INDEPENDENT LIVING

Perhaps the most important services the newly visually impaired individual needs are those directed to developing the skills of independent living. The importance of being able to take care of oneself cannot be overemphasized. Visually impaired people, including totally blind people, can and do perform the Activities of Daily Living (ADL) independently and competently. Even if you live in the home of another or in a group living situation, it is essential that you learn to take care of these functions yourself.

ADL include grooming and hygiene, meal preparation and clean-up, wardrobe and household management, handling of personal finances including paying bills, communication and medication management. Learning these skills may be challenging for persons with limited vision, but mastering them is central to the maintenance of self-esteem and self-direction.

One of the major challenges you will face, as a newly visually impaired person is to maintain control over the decisions affecting your life such as where you will live. The more independent you are the more freedom you are likely to maintain. Family members may rush to your side to help and protect you. They are well intentioned and acting from their love and concern. However, if their efforts to assist you prevent or discourage you from pursuing the rigorous process of learning to be independent, neither you nor they will be satisfied with the results. You will not want to be treated like a child who cannot take care of himself/herself or make adult decisions. Others may tire of the responsibility of meeting your basic needs. If both you and they adjust to your vision loss and you maintain your independence, all of your relationships will remain healthier and more satisfying.

Learning independent skills is simply a matter of mastering alternative techniques for doing each task. Competent teachers can show you many ways to accomplish all of the ADL. There is ADL training available both from the Department of Rehabilitation (DOR) and from many private agencies for the blind.

The DOR has two kinds of programs designed to provide ADL training. The Counselor/Teacher (C/T) program provides services at or near the client's home and the Orientation Center for the Blind (OCB) is a residential rehabilitation center dedicated to independent living for people with severe vision impairments.

The C/T program provides a variety of services which include daily living skills, home management, orientation and mobility, communication skills, business methods, counseling (personal and/or vocational) and special services, if needed. The C/T program can also purchase assistive devices that help a person function independently.

The focus at the OCB is on the acquisition of new skills such as adjustments to new vision disabilities, adaptive skills, and immersion in an atmosphere that is respectful and knowledgeable about the abilities of blind and visually impaired people. Participants live in dormitories for seven to nine months while attending daily classes that encompass all phases of independent living. This is an intense program designed to teach the person how to cope with sight loss and it has proven to be very effective in creating self-reliance and reducing dependence on family and friends. The decision to apply to the OCB occurs between a consumer and his or her Vocational Rehabilitation Counselor.

To apply for the C/T program or admission to the OCB, contact the DOR District Office nearest you. A list of these offices is included in the “Directory of Resources” section of this ***Handbook***.

Other sources of Independent Living Skills training are the private non-profit agencies serving the blind and visually impaired mentioned in the “Adjustment Counseling and Support Groups” section of this chapter. The larger agencies provide individualized ADL training in the homes of clients. Many also have classes at their agencies. Contact the agency nearest your residence to inquire about these services. To find a local agency, refer to the listing of “California Agencies” in the “Directory of Resources” section of this ***Handbook***.

LOW VISION SERVICES

Many people don’t realize that Low Vision Services are a specialty unto themselves. Low Vision Services are very important as they help individuals strengthen and make maximum use of residual vision. These services consist of a low vision evaluation, identification of appropriate low vision aids, training for the user, and follow-up appointments.

Qualified professionals must do low vision evaluations. A simple check of visual acuity is not a low vision evaluation. Low Vision Specialists are trained to analyze the individual idiosyncrasies of each person’s vision and to select magnifying lenses and lighting devices that best complement

that vision. The specialist will train the client on the use of low vision aids. Many Low Vision Clinics will let clients take devices home on a trial basis.

To find a local provider, refer to the listing “Low Vision Services” in the “Directory of Resources” section of this ***Handbook***.

EMPLOYMENT

In California, the DOR is responsible for providing employment services to persons with disabilities. These services include counseling about career or job selection, resume preparation, job search skills training, peer group support and the provision of various kinds of pre-vocational and vocational training. The DOR can pay for pre-vocational training, college or university, books, training materials and equipment needed for employment, such as uniforms, tools, computers, etc.

The DOR has branches throughout the state. To inquire about eligibility requirements and the application process for obtaining rehabilitation services, call the County Office nearest you and ask for the Rehabilitation Counselor for the Blind (RCB). Refer to the listing “California Department of Rehabilitation” in the “Directory of Resources” section of this ***Handbook***. Any branch that has a “**B**” designated on the listing has a RCB at that office.

READING SERVICES

Those of us who lose part or all of our ability to read realize what a monumental inconvenience this can be. From the daily newspaper, to our favorite books and magazines, to instructions on prescription medicines and labels on cans and packages in the kitchen, the need to get information from the printed word is constant and crucial.

There are several methods available to people who cannot read standard print to obtain most or all of these kinds of information. Some alternatives to standard print are Large Print, Braille, recorded material, and computer-produced synthesized speech. For a listing of radio reading services in California, refer to “Radio Reading Services” in the “Directory of Resources” section of this ***Handbook***.

For reading your mail, newsletters, magazines and items of personal business, you will probably need a volunteer or paid reader. Many agencies serving the blind and visually impaired offer volunteer reader programs. For a listing of these agencies, refer to “California Agencies” in the “Directory of Resources” section in this ***Handbook***.

LARGE PRINT

For people who need larger than standard size print, there are many options. Books, magazines, dictionaries, thesaurus, cookbooks, new periodicals, games and many other useful materials are all published in Large Print. For a

listing of the organizations that provide these services, refer to “Large Print Books” in the “Directory of Resources” section of this ***Handbook***.

NEWSPAPERS

Newspapers are available in three principal ways: Radio Reading Services, telephone access and the internet.

Radio Reading Services are available in many communities throughout the country. They consist of broadcasts transmitted over special closed circuit radio or T.V. channels. Volunteers read local newspapers, publications and a wide variety of local and current information that is relevant to their communities. Listeners need a special receiver which they obtain from the service provider. For a list of these service providers, see “Vendors of Assistive Technology” in the “Directory of Resources” section of this ***Handbook***.

Telephone access to newspapers in California utilizes synthesized speech to deliver an audio version of newspaper text to those who are blind or visually impaired. Newspapers are transmitted electronically to a central receiving station. Readers can telephone into this station at their convenience and have the option of several newspapers, which are read electronically via synthesized speech. The reader can select articles, skip material, browse and reread articles all through the use of the telephone touch tone keypad.

The largest source for Radio Reading Services in the country is the National Library Service (NLS) for the Blind and Physically Handicapped. In California, the NLS service is accessed through a network of four regional libraries. The website address for these libraries is www.library.ca.gov/services/btbl.html and their phone numbers are listed below.

Sacramento

(916) 654-0640
or
(800) 952-5666

San Francisco

(415) 557-4253

Fresno, Kings, Madera and Tulare Counties

(559) 488-3217
or
(800) 742-1011

Los Angeles

(323) 660-3880 and (323) 663-1111, ext. 1500
or
(800) 808-2555

A world of information is available on the internet, including many newspapers and magazines. Access to the Internet and other computer applications is available to blind and visually impaired persons through the use of screen enlargement programs, synthesized speech output and Braille output. For information on these technological solutions, see “Vendors of Assistive Technology” in the “Directory of Resources” section of this ***Handbook***.

“The New York Times” publishes a weekly review of its major articles. To subscribe to this publication, contact the New York Times Large Type Weekly at (201) 343-2244 or (800) 631-2580.

The KPBS Radio Reading Service broadcasts the readings of newspapers in the San Diego and La Jolla areas. The contact information is listed below.

KPBS Reading Service
5200 Campanile Drive
San Diego, CA 92182
(619) 594-8170

MAGAZINES AND BOOKS

The largest source for audio books and magazines in the country is the National Library Service (NLS) for the Blind and Physically Handicapped, which produces tens of thousands of titles every year on cassette tape and audio disk. There is no charge for this service. The NLS publishes

a bi-monthly listing of all new titles, which is distributed to all patrons. The adapted cassette recorders and Talking Book machines required for listening to the books are provided free of charge by the NLS.

Many other agencies and publishers also produce books and magazines in recorded form. For a comprehensive list of such publishers, see the listing of “Producers of Audio Books and Periodicals” in the “Directory of Resources” section of this ***Handbook***.

In California, the NLS service is accessed through a network of four regional libraries. The website address for these libraries is: www.library.ca.gov/services/btbl.html.

The contact information for the four regional libraries is listed below.

Northern California Residents may obtain a print application form or download the online application from the California State Library by contacting:

Braille and Talking Book Library
California State Library
P.O. Box 942837
Sacramento, CA 94237-0001
Phone: (916) 654-0640 or (800) 952-5666
Website: www.library.ca.gov/services/btbl.html
E-mail: btbl@library.ca.gov

City of San Francisco Residents may receive cassette service from the San Francisco Public Library by contacting:

San Francisco Public Library for the Blind and Print Disabled
100 Larkin Civic Center
San Francisco, CA 94102
Phone: (415) 557-4253
Website: <http://www.sfpl.org/index.php?pg=0200002301>
E-mail: lbphmgr@sfpl.lib.ca.us

Fresno, Kings, Madera and Tulare County Residents may receive cassette service from Fresno County Public Library by contacting:

Talking Book Library for the Blind Fresno County Free Library
770 North San Pablo Avenue
Fresno, CA 93728-3640
Phone: (559) 488-3217 or (800) 742-1011 and ask the County Operator for 488-3217
Website: www.fresnolibrary.org/tblb/index.html
E-mail: wendy.eisenberg@fresnolibrary.org

Southern California Residents may receive service from the Braille Institute by contacting:

Braille Institute Library Services
741 North Vermont Avenue
Los Angeles, CA 90029

(323) 660-3880

(323) 663-1111, ext. 1500

(800) 808-2555

Website: <http://www.brailleinstitute.org/library>

E-mail: bils@braillelibrary.org

Many publishers, such as the Reader's Digest Corporation, publish books and magazines in Large Print. For more information about Large Print and a comprehensive list of publishers, see "Large Print Books" and "Newsletters, Magazines and Journals" in the "Directory of Resources" section of this ***Handbook***.

RECREATIONAL MATERIALS AND HOUSEHOLD COMMODITIES

Many games are available in Large Print including playing cards, board games and crossword puzzle books. If you live near a service agency serving individuals with visual impairments, you will most likely find them at their "store". If not, there are catalogs through which these can be ordered. For a listing of these catalogs, refer to "Catalogs of Merchandise" in the "Directory of Resources" section of this ***Handbook***.

Many household appliances have been adapted with large print or markings. These include alarm clocks, kitchen timers, thermometers, scales, yardsticks, rulers, and other measuring devices. Large Print overlays for telephone dials can be extremely useful. These household items may be

available in the agency “stores” mentioned above. For vendor listings of household commodities, refer to “Catalogs of Merchandise” in the “Directory of Resources” section of this ***Handbook***.

LABELING PRODUCTS

People use many different methods of marking food and household items. One of the simplest is to add your own label, on which you or someone else has written the important information, with a bold marker pen in large letters.

MEDICINES

Ask the pharmacist to either type in Large Print or hand write in Large Print with a bold pen the instructions for each bottle or package of medications. Do not hesitate to let your doctor or pharmacist know that you need this service. They will do it. You only need to ask.

EDUCATIONAL MATERIALS

The largest producers of educational materials are the American Printing House (APH) for the Blind and Recordings for the Blind and Dyslexic (RFB&D).

The APH produces material for school age students. For information on available publications, refer to “Catalogs of

Merchandise” in the “Directory of Resources” section of this ***Handbook***.

The RFB&D produces educational materials for students and non-students alike. If you need a training manual, cookbook, instructional material or any other educational item, RFB&D will record it for you. For information on available publications, see “Producers of Audio Books and Periodicals” in the “Directory of Resources” section of this ***Handbook***.

The California Department of Education’s Clearinghouse for Specialized Media and Translations (CSMT) provides instructional resources in accessible and meaningful formats to K-12 students with disabilities. Educational material adopted by the State Board of Education is produced in a variety of formats such as: Braille, Large Print, audio recordings and Digital Talking Books. The CSMT is a supplier of APH products, as well as, the administrator for the APH Federal Quota Program for California students. This program allocates federal quota money for the purchase of APH products, based on the annual census of eligible students in California. For contact information for the CSMT, refer to “Large Print Books” and “Audio Books and Periodicals” in the “Directory of Resources” section of this ***Handbook***.

BRAILLE

Since its invention, in the mid-nineteenth century, by blind Frenchman Louis Braille, the Braille code has been used by millions of blind and visually impaired persons around the world, in dozens of countries and in many languages, to achieve literacy and to gain access to a world of knowledge and information.

Braille is a systematic code of “cells” of six raised dots which can be used in hundreds of configurations to represent letters, numbers, punctuation marks and common letter groupings. The Braille code is adaptable to various kinds of notation such as math, music and computer language.

Not all blind people read Braille proficiently. In fact, most Braille users are fairly slow readers and many visually impaired people never learn it at all. This is an extremely unfortunate fact because Braille is an invaluable tool for persons who cannot read print.

The slow reader will not want to use Braille for reading lengthy materials such as books, newspapers and magazines. These items are available in other media. However, any individual who cannot read print must have a note taking system for communicating with himself/ herself. For example, think of the ever increasing volume of numbers in our lives that we must produce upon request such as credit card numbers, account numbers, social security, driver's license or state ID numbers, health plan numbers, loan numbers, etc. Imagine having to memorize all of these

numbers and not having access to them without assistance. Another vital use of Braille is for making lists of names, addresses and phone numbers. We all use the telephone dozens of times a day. With a Braille Rolodex, a visually impaired person can make all of his or her calls without having to wait until someone else is available to read the numbers. Recipes, “to do” lists, appointment schedules and instructions of all kinds can be stored easily in Braille.

Learning Braille has two components: sensitizing the fingertips so that they can feel the dots and memorizing the different dot configurations. A grading system in Braille is used to categorize these dot configurations.

Grade 1 consists of the alphabet and the basic punctuation marks. This Grade is taught to people new to the use of Braille. Grade 2 includes short forms of words and contractions which represent syllables. Grade 3 is very similar to shorthand. Grade 1 is relatively quick and easy to master by anyone who is motivated. Many persons go well beyond Grade 1. Even when beginning in their sixties and seventies, many people master Grade 2.

There are several sources of Braille instruction. Most private agencies for the blind and visually impaired offer Braille lessons which are usually taught individually by a Braille instructor. The DOR offers Braille instruction through its C/T program mentioned earlier in this section. Most Counselor/Teachers give Braille lessons in the client’s home as a part of a rehabilitation program.

The Hadley School for the Blind is also an excellent source for Braille instruction. This is a correspondence school for persons who are blind and visually impaired. All lessons are mailed to the student's home and study is done at the student's own pace. Their contact information is:

Hadley School for the Blind

700 Elm Street

Winnetka, IL 60093-2554

(847) 446-8111 or (800) 323-4238

Website: www.hadley-school.org

E-mail: info@hadley.edu

Finally, there are Braille instruction books designed for a person to study and learn independently. However, most people find that it is easier to learn Braille by either using a personal instructor or by following a structured curriculum such as the one produced by the Hadley School for the Blind.

A good source of books and magazines in Braille is the NLS through its regional libraries. This was previously mentioned in the "Magazines and Books" section of this chapter.

There are also many other sources of Braille materials including religious books and pamphlets, computer manuals, cookbooks and "how to" books, etc. For a list of publishers of Braille materials see "Large Print Books" and "Producers of Audio Books and Periodicals" in the "Directory of Resources" section of this ***Handbook***.

IV. OTHER SOCIAL AND SUPPORTIVE SERVICES

SENIOR SERVICE SYSTEM

In addition to services designed for blind and visually impaired persons, there are other social service programs available. There is an extensive service system for seniors that is administered by the California Department of Aging (CDA). The CDA serves as both a unifying force for services to seniors and adults with disabilities and as a focal point for federal, state and local agencies which serve the elderly and adults with disabilities in California. The contact information for the CDA is:

California Department of Aging

1300 National Drive, Suite 200

Sacramento, CA 95834-1992

(916) 419-7500

(800) 735-2929 (TTY)

Website: www.aging.ca.gov

The CDA contracts with the network of Area Agencies on Aging (AAA), which directly manages a wide array of federal and state-funded services that help older adults. Each county has an AAA that is staffed by professionals who are knowledgeable about services available in your community. These services include, but are not limited to, transportation services, meal services, adult day care, housing assistance, medication management assistance and information and

referral services. A wide range of recreational and educational activities are also provided at Senior Centers. Program availability varies between AAAs. For more information about services in your area and their availability, call your local **Information and Assistance Program** toll free at **(800) 510-2020**. County specific telephone numbers may be accessed at:

www.aging.ca.gov/local_aaa/AAA_listing.asp

For information about senior related services available outside of California, call the toll free **Elder Care Locator** at **(800) 677-1116** or visit the following website:

<http://www.eldercare.gov/Eldercare/Public/Home.asp>.

IN-HOME SUPPORTIVE SERVICES

For persons who cannot live independently in their own homes without some assistance, there is a program known as In-Home Supportive Services (IHSS). The IHSS program will help pay for assistance services, thus allowing a person to remain safely in their own home. If eligible, an IHSS Social Worker goes to a client's home and assesses the need for service. The types of service provided by IHSS include: house cleaning, grocery shopping, meal preparation, laundry, personal care services, assistance with medical appointments and other chores necessary to maintain a safe and healthy home environment. To learn more about the IHSS program and to find out whether you are eligible for services, contact your local County Welfare or

Social Services office. A complete listing of these offices may be found at the following website:

www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx.

THE CALIFORNIA IDENTIFICATION CARD

For persons who do not qualify for a driver's license, the Department of Motor Vehicles (DMV) issues the California Identification (ID) Card. This is a picture identification card that looks very much like a driver's license but is used for identification purposes only. A regular ID card is valid for six years and a senior citizen ID card is valid for ten years. To qualify for a senior citizen ID card, you must be 62 or older.

You may pay a reduced application fee for an original or renewal identification card if you meet income requirements from a public assistance program. If you are eligible, the governmental or non-profit program will give you a completed Verification for Reduced Fee Identification Card (Form DL 937) to take to DMV to apply for your reduced fee identification card.

You can obtain a California ID Card from any DMV branch office. While an appointment is not necessary, it is preferable to make an appointment to avoid a long wait by calling (800) 777-0133. You will need your birth certificate and social security number to apply for a California ID Card.

TRANSPORTATION

When driving a motor vehicle is no longer an option, getting from place to place becomes quite challenging. One of the most daunting tasks for a person may be to find reliable transportation in order to maintain the daily necessities of life such as going to the market, the doctor, etc.

Unfortunately, for Californians who do not drive automobiles, finding dependable transportation continues to be one of the biggest challenges. Throughout the state, there is a system of regional transit systems. Some of them are single county entities, some are jointly operated by multiple counties. In the 58 counties in the state, there are about 80 of these systems that form the foundation of the public transportation system.

In your area, the public Transit Agency may contract with private companies to provide such specialized transportation directly. Contract agencies frequently use names such as “Dial-a-Ride” or “Paratransit”. The quality and responsiveness of these services, as well as eligibility requirements and fees, vary from community to community. You will need to contact your local transportation authority to learn more about the transportation options available to you. For a listing of all transit agencies with the local links listed by county and city, refer to the website below which is provided by the American Public Transportation Association (APTA): www.apta.com/resources/links/unitedstates/Pages/CaliforniaTransitLinks.aspx.

V. FINANCIAL ASSISTANCE PROGRAMS

SOCIAL SECURITY

Eligibility for Social Security is authorized by Title II of the Social Security Act. The official name is Old Age, Survivors and Disability Insurance (OASDI). The amount of monthly income you may obtain from Social Security is determined by how much you have contributed to Social Security. It is not based on your financial need. In other words, if you have worked for a certain number of quarters and paid into the Social Security fund, you will be able to collect payments based on your contributions.

The Social Security Administration (SSA) has a toll-free number that operates from 7:00 a.m. to 7:00 p.m., Monday through Friday. Please have your social security number handy when you call. The contact information for SSA is:

(800) 772-1213 (Voice)

(800) 325-0778 (TTY)

Website: www.ssa.gov

There is a SSA website for frequently asked questions which is located at: ssa-custhelp.ssa.gov/cgi-bin/ssa.cfg/php/enduser/std_alp.php?p_sid=XJ9HspWilf.

If you still need additional help, you may write to the Office of Public Inquiries:

**Social Security Administration
Office of Public Inquiries**

Windsor Park Building
6401 Security Boulevard
Baltimore, MD 21235

Contact the Social Security office nearest your residence to get more information about the various Social Security programs. To locate the office nearest your residence, you can access the online Social Security Office Locator at:
<https://secure.ssa.gov/apps6z/FOLO/fo001.jsp>.

SOCIAL SECURITY DISABILITY INSURANCE

Eligibility for Social Security Disability Insurance (SSDI) is also based on your earnings, those of your spouse or your parents. If you have worked for a certain length of time and become visually impaired, you may be eligible for SSDI. The SSA provides several pamphlets and brochures about its programs. You may want to contact the Social Security office nearest you to request these materials. A general overview of SSDI, as well as Supplemental Security Income (SSI), can be found at:
www.socialsecurity.gov/redbook/index.html.

SUPPLEMENTAL SECURITY INCOME

Eligibility for Supplemental Security Income (SSI) authorized by Title XVI of the Social Security Act, is based on financial need. The SSI program makes cash assistance payments to aged, blind, and disabled individuals (including children under age 18) who have limited income and resources. The amount that you may receive will depend on your income and resources. You may apply in person or over the telephone. A Social Security representative will complete the application for you and mail it to you for your signature. You should inquire at the Social Security office nearest you. Telephone numbers for Social Security offices are listed under United States Government, Department of Health and Human Services, in your telephone directory. A general overview of SSI qualifications can be found at: www.socialsecurity.gov/redbook/index.html.

SSI and SSDI programs share many similar concepts and terms, but there are also several, very important differences in the rules affecting eligibility and benefit payments. Individuals may apply to both programs and some people are eligible for benefits under both SSI and SSDI. The term “concurrent” is used when individuals are eligible for benefits under both programs. Examples of concurrent benefits can be found at: www.socialsecurity.gov/redbook/eng/supportsexample.htm.

TAX BENEFITS

People who are legally blind are eligible for a special deduction on their income taxes in addition to the standard deductions they may be entitled to. You will need a statement from your doctor affirming your visual impairment and it must be attached to your tax return. The amount of these fixed deductions depends on your filing status and the amount may vary from year to year. You may also be entitled to additional deductions based on your visual impairment. To view possible deductions, consult the Internal Revenue Service's "Tax Highlights for Persons with Disabilities" (Publication 907) at: www.irs.gov/pub/irs-pdf/p907.pdf.

FREE POSTAGE

The U.S. Postal Service allows visually impaired persons to send and receive books, recorded material, certain types of equipment and other mail free-of-charge if they are registered at the local post office. In the right top corner of the envelope, you will need to place the words "FREE MATTER FOR THE BLIND OR HANDICAPPED".

You may send for a copy of the pamphlet, "Mailing Free Matter for Blind and Visually Handicapped Persons" from the Office of the Consumer Advocate. The contact information for this office is:

Consumer Advocate

United States Postal Service

475 L'Enfant Plz Sw, Rm 5821

Washington, DC 20260

Customer Service: (800) ASK-USPS or (800) 275-8777

The publication may also be downloaded at the following website:

www.usps.com/cpim/ftp/pubs/pub347.pdf.

DISABLED PARKING PLACARD

The DMV will issue a disabled parking placard to a visually impaired person. This placard is transferable from vehicle to vehicle whenever the person with sight loss is a passenger. It is usable in specially marked disabled parking spaces and will enable the driver to park free at parking meters. Permanent parking placards for permanent disabilities are valid for two years and there is a substantial penalty for misuse. There is **no fee** for a permanent parking placard, its replacement, or for a travel placard. Additional information about placards for disabled persons may be found at:

www.dmv.ca.gov/pubs/brochures/fast_facts/ffvr07.htm.

You may obtain a copy of the "Application for Disabled Person Placard or Plates" (Form REG 195) at the following website: www.dmv.ca.gov/forms/reg/reg195.htm.

Contact your local DMV office for information or to schedule an appointment at (800) 777-0133.

REDUCED BUS AND RAIL FARES

Most national rail and bus companies offer discount fares to persons with disabilities and their travel companions. Almost always, proof of vision loss and a picture ID card are required. Photo ID's can be obtained from DMV. Many local Transit Agencies offer their own reduced fare card for disabled persons. For a listing of all Transit Agencies with the local links listed by county and city, refer to the website below which is provided by the American Public Transportation Association (APTA):

www.apta.com/resources/links/unitedstates/Pages/CaliforniaTransitLinks.aspx.

DISCOUNTS AT STATE PARKS AND OTHER RECREATIONAL FACILITIES

California State Parks offer a Disabled Discount Pass. For a small fee, a *lifetime pass* is issued to applicants who are eligible.

The pass entitles you to a 50 percent discount on basic facility use fees including day parking, camping and boat/day parking. The pass may be used at all parks and recreation sites operated by the State of California except Hearst Castle at San Simeon. Applications may be downloaded for

the California State Parks Disabled Discount Pass Program at: www.parks.ca.gov/?page_id=1049.

If you wish to receive the application by mail or have additional questions, you may contact the California State Parks Pass Sales. The contact information for this program is:

California State Parks

Attn: Disabled Discount Pass Program

P.O. Box 942896

Sacramento, CA 94296-0001

(800) 777-0369

**DISCOUNTS AT U.S. GOVERNMENT NATIONAL PARKS
AND OTHER RECREATIONAL FACILITIES**

Similar to the State of California, the U.S. Government also offers a discount pass. This is known as the America the Beautiful – National Parks and Federal Recreational Lands Pass – Access Pass. This lifetime pass, for persons with permanent disabilities, allows access to use of national parks, campgrounds and other federally operated recreational facilities either free or at reduced rates.

Documentation of disability is required to obtain the pass. The Access Pass must be obtained in person at a participating Federal recreation site or office. Many local tourist attractions such as museums, amusement parks and reserves also offer discounts to persons with disabilities.

Always remember to ask if the attraction you are visiting has a special rate for persons with disabilities.

ASSISTANCE DOG SPECIAL ALLOWANCE PROGRAM

The Assistance Dog Special Allowance (ADSA) program provides a monthly payment to eligible persons who use a guide, signal or service dog to help them with needs related to their physical disabilities. The allowance is to help pay the cost of food, grooming and health care for the dog.

To be eligible for the ADSA program, an individual must meet all four of the following criteria:

- 1) Live in California.
- 2) Be blind, deaf, hard of hearing or disabled.
- 3) Use the services of a guide, signal or service dog.
- 4) Receive benefits from one or more of the following programs:
 - Supplemental Security Income (SSI)
 - State Supplementary Payment (SSP)
 - In-Home Supportive Services (IHSS)
 - Social Security Disability Insurance (SSDI) (**SSDI recipients must also meet federal poverty guidelines**)
 - Cash Assistance Program for Immigrants (CAPI)

Should you need to obtain an application or have additional questions, the contact information for the ADSA program is:

California Department of Social Services

Office of Services to the Blind

744 P Street, MS 8-16-94

Sacramento, CA 95814

(916) 657-2628

(916) 651-6248 (TTY)

Website: www.dss.cahwnet.gov/CDSSWEB/PG82.htm

E-mail: ADSAUser@dss.ca.gov

VI. MEDICAL ASSISTANCE SERVICES

Many California residents who are blind or visually impaired may be eligible for two public Medical Assistance programs. One is Medi-Cal, which is California's name for the federal Medicaid program. The other is Medicare, a federal program designed to help with the cost of medical and hospital care for elderly and disabled persons.

MEDI-CAL

Medi-Cal is a state and federally funded program for low-income people, which pays for medically necessary treatment services, medicines, medical supplies and durable medical equipment, such as canes, crutches, walkers and wheelchairs.

You are automatically eligible for Medi-Cal if you are receiving SSI or IHSS. However, even if you do not receive benefits from these programs, you may still be eligible if you have low income and limited resources.

Medi-Cal provides a number of services to people with limited resources including, but not limited to:

- Physician services
- Inpatient hospital care
- Outpatient hospital care
- Laboratory and X-ray services

- Skilled nursing facility services
- Home health services
- Rural health clinic services
- Pharmacy services (Medications)
- Medical transportation
- Equipment such as wheelchairs and hearing aids
- Vision services
- Long term care
- Physical therapy
- Occupational therapy
- Speech therapy
- Audiology

The Medi-Cal program is administered by each county in California. To learn more about the Medi-Cal program and to find out if you are eligible for these services, contact your local County Welfare or Social Services office. The “Directory of Resources” section entitled, “County Social Services Offices” of this **Handbook** has a complete listing of County Welfare or Social Services offices. A listing of these offices may also be found at the following website: www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx.

MEDICARE

Medicare is a federal health insurance program for aged and disabled persons. Unlike Medi-Cal, entitlement to Medicare services is not based on an individual’s financial status.

Rather, it is a health insurance program funded through employer and employee payroll taxes.

To qualify for Medicare, an individual must be:

- Receiving Social Security benefits;
- A retired employee of the federal government; or
- Receiving Railroad Retirement benefits.

For people who are not disabled, eligibility for Medicare begins at age 65, even if they opted to begin receiving Social Security Retirement benefits at age 62.

Persons under the age of 65 who are disabled may be eligible for Medicare if they have received Social Security or Railroad Retirement Disability benefits for at least 24 months. The disabled adult child of a Medicare recipient, or deceased Medicare recipient, is also eligible to receive Medicare benefits.

Medicare Administration

The Medicare program is administered locally by private insurance companies who are called “carriers”. The Health Care Financing Administration (HCFA), a federal agency within the Health and Human Services Department, contracts with private insurance companies in each area of the country to process claims for benefits from people who are enrolled in Medicare. However, you apply for Medicare

at your local Social Security office and questions concerning benefits should be directed there as well. The Official U.S. Government site for people with Medicare can be found at: www.medicare.gov/.

If you have questions about Medicare or want to apply for benefits, call Social Security at the numbers listed below and make sure to have your social security number ready when you call.

(800) 772-1213
(800) 325-0778 (TTY)

To locate the office nearest your residence, you can access the online Social Security Office Locator at: <https://secure.ssa.gov/apps6z/FOLO/fo001.jsp>.

For general Medicare information, ordering Medicare booklets, and information about health plans, Medicare may be contacted 24 hours a day, 7 days a week at:

(800) MEDICARE or (800) 633-4227
(877) 486-2048 (TTY)

Medicare Benefit Structure

Medicare benefits are divided into Parts A and B. Medicare Part A covers hospital care, nursing home and home health care services. Medicare Part B covers outpatient hospital care, physician services, physical therapy, medical

transportation, durable medical equipment (wheelchairs, walkers, etc.) and other services and procedures.

Medicare Part A

Medicare Part A covers institutional, or hospital, and similar types of care. It is free for those who have contributed to Social Security. For those who have not contributed, Part A can be purchased by persons over 65.

Medicare Part B

Medicare Part B services include:

- Physicians' services
- Outpatient hospital services
- Rural health clinic care
- Outpatient Rehabilitation
- Physical and Occupational Therapy
- Speech Pathology
- Prosthetic devices
- Durable medical equipment
- Diagnostic tests
- Certain preventive services

There is an initial deductible per year for Part B services. This amount is satisfied only by the recipient paying charges that Medicare would allow, which may be less than the full

amount of the bill. In addition, recipients are responsible for paying a 20 percent co-payment for most services and devices provided under Part B. Under certain circumstances, physicians and other providers are allowed to charge more than Medicare will pay. You, the beneficiary, are required to pay for these extra charges.

Although physicians and suppliers may charge more than Medicare allows, some have agreed to provide services and equipment on an “assignment” basis. This means they will accept the amount that Medicare allows for a service or device as payment in full without making any additional charge. Medicare pays 80 percent of this allowed amount and you, the beneficiary, must pay the remaining 20 percent. If a supplier has not agreed to assignment, the full market price may be charged. The beneficiary is expected to pay any amount which exceeds what Medicare allows.

NON-GOVERNMENT MEDICAL SERVICES

This section discusses several non-government programs that, in addition to the government programs Medi-Cal and Medicare, assist with the cost of medical treatment related to blindness prevention and vision preservation.

SENIORS EYECARE PROGRAM

The Seniors EyeCare program provides medical and surgical eye care to U.S. citizens and legal residents aged 65 and over who do not have an ophthalmologist. The contact information for the Seniors EyeCare Program is:

(800) 222-3937

Website: .

www.eyecareamerica.org/eyecare/care/senior-eyecare.cfm.

PREVENT BLINDESS AMERICA

Prevent Blindness America provides vision screening and follow-up for adults and children. The contact information for Prevent Blindness America is:

(800) 331-2020

Website: www.preventblindness.org

PHARMACEUTICAL MANUFACTURER'S PRESCRIPTION DRUG INDIGENT PROGRAM

This program provides free prescription drugs for individuals with low income levels. Consult with your ophthalmologist for programs available within your area. For general information about the program contact:

**The Senate Special Committee on Aging
Indigent Patient Programs**

Dirksen Senate Office Building, Room G-31
Washington, D.C. 20510
(202) 224-5364

NEW EYES FOR THE NEEDY

New Eyes for the Needy will provide eyeglasses free of charge if no other source of payment is available. Examinations are not covered by this program. You need to apply for assistance and, if you are approved, you will receive a voucher that can be used at a participating optical dispenser. The contact information for the New Eyes for the Needy is:

New Eyes for the Needy

549 Millburn Avenue
PO Box 332
Short Hills, NJ 07078
(973) 376-4903
Website: www.neweyesforthenedy.org

VISION IS POSSIBLE

Vision is Possible is a joint program between the Sacramento Valley Optometry Society and the Northern California Lions Sight Association that provides assistance to persons with limited resources who need intensive eye care. The participating Lions Club will

screen patients for both visual and financial needs with referrals received from other service organizations, school nurses, etc. This organization provides assistance in Yolo, Sacramento, El Dorado, Nevada and Placer Counties. For additional information about this program contact:

The Northern California Lions Sight Association

(800) 66-LIONS (800-665-4661)

Website: www.nclsa.com

There may be similar programs in other communities throughout the state. Contact the service agency nearest you and ask about assistance with medical costs. For a listing of these agencies, refer to “California Agencies” in the “Directory of Resources” section of this ***Handbook***.

VII. ORIENTATION AND MOBILITY

Orientation and Mobility are the terms that refer to the techniques used by visually impaired persons so that they may “travel” safely and efficiently. In this context, “travel” means moving around inside one’s home or outside within the community. It includes walking with or without a mobility aid, such as a white cane or guide dog, and using all modes of transportation, such as buses, trains, taxis and airplanes.

Orientation refers to the relationship between a person and the physical space that surrounds him/her. It includes conceptualizing spatial relationships, such as right angles for negotiating intersections and understanding the layout in one’s own home or office so that a person can confidently and efficiently function in these environments.

Mobility refers to techniques used to move safely through the environment while getting from Point A to Point B.

For visually impaired persons, mobility can be a particular challenge when attempting to move about safely in an environment full of obstacles and pitfalls. Yet mobility is essential to personal and professional progress, productivity, independence and self-esteem. Any person, regardless of the degree of vision loss, can be taught to move around safely in his/her home, on the

job, and in the community. State certified Orientation and Mobility Specialists teach the techniques necessary to achieve independent mobility, both to low vision and to totally blind clients. Such techniques include the safe and efficient use of residual vision as well as the use of mobility aids. The most common mobility aid is the white cane, followed by the guide dog. However, rapidly developing technology is bringing new mobility aids to the market constantly.

THE WHITE CANE

The white cane is used by many visually impaired Californians to achieve independent mobility in their homes and communities, but how well do most people understand its functions? What images come to mind for most people when they think of a white cane?

For many, the white cane has negative connotations. It brings to mind images of helpless and pitiable persons groping along the street. Even many blind and visually impaired persons subscribe to these images and refuse to carry the white cane so others will not know they are blind.

It is unfortunate that the white cane conjures up such misconceptions because, in actual fact, it is the tool which contributes much to the independence and mobility of blind persons. It has liberated millions of blind people worldwide from restricted lives of

dependence and passivity. For these blind individuals, the white cane is more of a symbol of accomplishment and freedom.

The white cane does much more than move along the sidewalk alerting the blind pedestrian to obstacles in the path. First, it grants a blind pedestrian protections and the right-of-way while carrying the cane. The white cane also provides a great deal of invaluable information about the surroundings. For example, the tapping sound echoes off the fronts of buildings as the cane user walks down the street. The sound changes as he or she passes openings such as doorways, driveways and alleys. In large places, such as train station lobbies or airports, the echo lets the user know the size of the space and the locations of hallways and stairwells.

The tip of the cane is very sensitive, providing crucial information about ground surfaces. For example, the cane indicates when the concrete of the sidewalk changes into the asphalt of the street. This information is especially important in places where there are no curbs. Other surface changes can denote entrances to buildings, bus stops, and the front of the blind person's home or other destinations. In interior spaces, floor coverings are very informational. For example, in many hotel lobbies, department stores, and governmental buildings, tile or marble indicates walk ways, and carpeting indicates seating or merchandise areas or vice versa.

The cane picks up all these changes and many more, not to mention drop-offs like stairs or the edge of a platform in a train or subway station. When properly used, the white cane can give a blind person much needed information to move about safely through most environments.

In summary, the white cane enables blind people to travel safely and independently all over the world and to engage in the full gamut of vocational and leisure activities.

THE GUIDE DOG

The decision whether to use a cane or a dog can be a major one, which should not be made lightly. The relationship that can develop between humans and dogs can be of the most loving and powerful nature. The assistance that guide dogs provide can be tremendously useful, making a significant contribution to independent mobility. However, there are many factors to consider before making this choice.

Factors to Consider Before Choosing a Guide Dog

- Dog training schools require visually impaired applicants to be good travelers. Thus, they must have already had training in Orientation and Mobility and have good travel skills. A guide dog does not

actually take people to their destination. The human partner must know how to get where he or she wants to go and give appropriate commands to the dog.

- Dogs like to walk rapidly. Their human companions must be in good physical condition and be able to maintain a brisk pace.
- Dogs are deeply caring and devoted. Their emotional well being depends on the love and attention of their human companions. The relationship that develops between a guide dog and a visually impaired person is usually very strong. This sometimes creates jealousy on the part of other family members. Likewise, guide dogs expect to accompany their partners everywhere and become unhappy if left behind when their partners go out with other family members or friends.
- Dogs are a big responsibility. They need to be relieved every several hours no matter how inconvenient this may be for their human partners. The human partner is expected to pick up after the dog and to repair or pay for any damage the dog may cause. Dogs must be groomed and bathed regularly.
- Dogs are an added expense. Their food and grooming bills can be considerable, and while some training schools provide free veterinarian care, not all

do. Also, it may not be geographically feasible to use their services.

- Dogs can be social icebreakers. Most people love dogs and want to comment on how attractive and wonderful they are. However, it can be disconcerting to discover that the sighted public thinks that the humans are totally dependent on their dogs and that the dogs are taking care of them. Tact and diplomacy are often required in interacting with the public.

Think about these issues and how you might deal with them. A very good way to learn more about the experience of having and using a guide dog is to talk with people who do use them.

You can get information on dog training schools by contacting the Assistance Dog Special Allowance Program listed in the “Financial Assistance Programs” section of this ***Handbook***.

NEW MOBILITY AIDS

Some of the more promising new mobility aids are: Talking Signs™ that transmit information to hand-held receivers which announce the location of important features such as public telephones, restrooms, street addresses, traffic signals, etc.; portable geographical positioning systems (GPS) which let users know

precisely where they are; computerized city maps which provide users with information on how to get to their destinations; and canes that beep and/or vibrate to indicate objects not only at ground level, but at waist and hand level.

These and many other new “high tech” mobility aids are constantly being developed and improved and this will revolutionize travel for visually impaired persons. The two basic mobility aids that are still the most reliable and universally used are the white cane and the guide dog.

VIII. RECREATIONAL OPPORTUNITIES

SPORTS AND HOBBIES

As with every other aspect of life, visually impaired persons pursue the full range of recreational activities including individual and team sports and card and board games. They also are engaged in hobbies of all kinds including sewing, knitting, crocheting, art and music. Leisure time activities that individuals with visual disabilities choose depend on their interests, abilities and stamina.

Remember that there is an alternative method of doing nearly everything. Visually impaired sports enthusiasts find many ingenious ways to compensate for their lack of vision. For example, blind cross-country skiers ski with a sighted guide who skis beside or behind them and gives them verbal clues about the environment. Blind golfers play with a sighted partner who helps them keep track of their ball. Blind bowlers sometimes use a guide rail to keep their approach straight. Blind cyclists ride on tandem bicycles with a sighted “captain” riding on the front. Blind runners sometimes run touching hands with a partner or just follow verbal directions from a fellow runner.

Here are just some of the activities that many visually impaired persons are known to participate in:

Bicycling
Canoeing

Kayaking
Sailing

Dancing
Diving
Golfing
Hang Gliding
Hiking

Skiing
Surfing
Swimming
Track and Field
Wind Surfing

Braille and Large Print playing cards enable visually impaired persons to enjoy the social pleasures of card games such as bridge, poker, pinochle and canasta. Braille and Large Print board games include Monopoly, Scrabble, Parcheesi, Clue and many others.

To find out about recreational opportunities in your community, contact the California service agency nearest you. For a listing of these agencies, refer to “California Agencies” in the “Directory of Resources” section of this ***Handbook***.

GETTING INVOLVED

Below is a listing of associations that can help you get involved in recreational activities:

AccessaAbilities

P.O. Box 458
Mill Valley, CA 94942
(415) 388-3250
(415) 382-8718 (Fax)

The Bay Area Association of Disabled Sailors

Pier 40, The Embarcadero

San Francisco, CA 94107

(415) 281-0212

Website: www.baads.org

E-mail: baadsgal@hotmail.com

The Bay Area Outreach and Recreation Program

600 Bancroft Way

Berkeley, CA 94710

(510) 849-4663

(510) 849-4616 (Fax)

Website: www.borp.org

E-mail: info@borp.org

Disabled Sports USA Far West

6060 Sunrise Vista Drive, Suite 2540

Citrus Heights, CA 95610

(916) 722-6447

(916) 722-2627 (Fax)

Website: www.dsusafw.org

E-mail: dsusa@disablesports.net

Discovery Blind Sports

P.O. Box 248

Kirkwood, CA 95646

(209) 258-2233

Website: www.discoveryblindsports.org

E-mail: discoveryblindsports@yahoo.com

Environmental Traveling Companions

Fort Mason Center
Landmark Building C
San Francisco, CA 94123
(415) 474-7662
(415) 474-3919 (Fax)
Website: www.ectrips.org
E-mail: info@ectrips.org

Disabled Sports Program Center

Tahoe Adaptive Ski School
Disabled Sports U.S.A. Far West
P.O. Box 9780
Truckee, CA 96162
(530) 581-4161
(530) 581-3127 (Fax)
Website: www.dsusafw.org
E-mail: info@disabledsports.net

Shasta Mountain Guides

P.O. Box 1543
Mt. Shasta, CA 96067
(530) 926-3117
(530) 926-1374 (Fax)
Website: www.shastaguides.com
E-mail: info@shastaguides.com

Sierra Regional Ski for Light

10435 Royal Crest
Truckee, CA 96161
(415) 928-2711

Website: www.srsfl.org
E-mail: vickipost@earthlink.net

The United States Association of Blind Athletes

33 North Institute Street
Colorado Springs, CO 80903
(719) 630-0422
(719) 630.0616 (Fax)
Website: www.usaba.org

United States Blind Golf Association

18 Barnwood Circle
Greenville, SC 29607
Website: www.blindgolf.com

TELEVISION AND MOVIES

Although visually impaired persons have always enjoyed movies and television, the arrival of descriptive programming has made this pastime much more satisfying.

DESCRIPTIVE VIDEO SERVICE

Descriptive Video Service (DVS) is a national service of the Media Access Group at WGBH in Boston. WGBH are the call letters for this transmitting station. DVS conveys the key visual aspects of a film or television program by describing scenery, facial expressions, and costumes during natural

pauses in dialogue to help low-vision viewers to better understand the story.

To receive DVS on television programs, you must have a television set equipped with a Separate Audio Program (SAP) channel sometimes called Audio B. The SAP channel is standard on most TVs and VCRs. When you tune to your SAP channel, you will hear the regular soundtrack of the show and the descriptions. Descriptions of movies are placed on the main soundtrack of the videotape so no special equipment is required beyond a standard Videocassette Recorder.

DVS descriptions are currently available on:

- 169 PBS stations nationwide (reaching more than 80 percent of the nation's households)
- Turner Classic Movies cable network
- selected series on the CBS, Fox, and Nickelodeon networks
- feature films
- large-format and IMAX films
- more than 200 major home video releases available for purchase through the DVS Home Video® Catalogue or on loan at 1,300 public libraries nationwide

DVS is not only available through television, but is accessible in movie theaters and on DVDs also. See the links listed below for additional information.

DVS on Television

main.wgbh.org/wgbh/pages/mag/services/description/on_tv

DVS in Movie Theaters

ncam.wgbh.org/mopix

DVS on DVD

main.wgbh.org/wgbh/pages/mag/resources/accessible-dvds.html

Contact information for the **Media Access Group at WGBH** is:

Boston

125 Western Avenue

Boston, MA 02134

(617) 300-3600 (Voice/TTY)

(617) 300-1020 (Fax)

Website: main.wgbh.org/wgbh/access/access.html

E-mail: access@wgbh.org

Los Angeles

300 E. Magnolia Boulevard, 2nd Floor

Burbank, CA 91502

(818) 562-3344 (Voice)

(818) 562-1919 (TTY)

(818) 562-3388 (Fax)

E-mail: access@wgbh.org

CALIFORNIA CHAPTER OF LIBRARY USERS OF AMERICA

Movies can also be borrowed from the California Chapter of Library Users of America by contacting Peter Pardini at the contact information listed below.

267 Cardinal Road
Mill Valley, CA 94941
(415) 381-9211

IX. ASSISTIVE TECHNOLOGY

The explosion of new technology in recent years has literally revolutionized life for persons with disabilities. Ranging from the simplest of “low tech” devices which respond to functional challenges, to the most sophisticated “high tech” solutions, technology is making it possible for people to transcend their disabilities and live independently, work competitively, and get much more enjoyment out of life.

ACCESS THROUGH ELECTRONICS

For individuals with visual impairments, the lack of access to the universe of information only available in print or other visual media has for centuries posed an enormous barrier both to independent living and to employment. Now, thanks to the emergence of the electronic age, access to printed information is greatly enhanced for blind and visually impaired persons.

- **Computers** have neutralized some of the most disabling aspects of visual impairment by creating immediate access to the printed word. They have also opened up a vast new body of information by making the Internet available.

- **Software** enlarges the print and images on computer monitors, so that low vision individuals can read their screens.
- **Speech Synthesizers** produce speech output for totally blind persons.
- **Translation Programs** produce Braille printouts of any material contained in a computer file.
- **Reading Machines** which are comprised of Optical Character Recognition (OCR) devices in tandem with conversion software, “read” printed books and other materials by scanning the print and producing the output in enlarged print, speech, or Braille.

Access to the printed word is therefore now immediate, compared to those not so long ago days when it took weeks or months to have materials translated into Braille or read onto tape.

THE CLOSED CIRCUIT TELEVISION

One of the most useful devices for persons with low vision is the Closed Circuit Television (CCTV). This machine will magnify print from any source (e.g. books, papers, letters, etc.) onto a TV screen. The user can adjust the size of the letters, ranging from just a little larger than normal to large enough to fill the screen with

only one letter. The CCTVs are available from a number of sources. See the “Directory of Vendors of Assistive Technology” listed in the “Directory of Resources” section of this ***Handbook***.

FINDING OUT WHAT IS AVAILABLE

There are a staggering number and variety of electronic devices, which have been designed for blind and visually impaired persons. It can be difficult and confusing for individuals to select the right device for their own specific needs. A good way to look at all the options and experience hands-on demonstrations is to attend one of the conferences where there is a large exhibit area with a broad representation of exhibitors. Such conferences are held by the California Council of the Blind (CCB), the National Federation of the Blind (NFB) of California and the Center on Disabilities at the California State University at Northridge (CSUN). The CCB and the NFB of California hold two conferences per year, one in northern and one in southern California. The CSUN holds its annual conference in Los Angeles in March. The contact information for these organizations is listed below.

California Council of the Blind (CCB)

1510 J Street, Suite 125
Sacramento, CA 95814
(916) 441-2100
(800) 221-6359 (Toll-Free in CA)

(916) 441-2188 (Fax)

Website: www.ccbnet.org/conus.htm

E-mail: ccotb@ccbnet.org

National Federation of the Blind (NFB) of California

5530 Corbin Avenue, Suite 313

Tarzana, CA 91356

(818) 342-6524

(877) 558-6524 (Toll-Free)

(818) 344-7930 (Fax)

Website: www.nfbcal.org

E-mail: nfbcal@sbcglobal.net

Center on Disabilities

California State University, Northridge

18111 Nordhoff Street, Bayramian Hall, Room 110

Northridge, CA 91330-8340

(818) 677-2684 (Voice/TTY)

(818) 677-4929 (Fax)

Website: www.csun.edu/cod

E-mail: codss@csun.edu

Most vendors of technology have statewide representation by marketing specialists. These representatives will come to your home and show you their equipment. This is a good way to learn what is available and what might be helpful to you. A list of these vendors is included in the “Directory of Vendors of Assistive Technology” listed in the “Directory of Resources” section of this ***Handbook***.

LOW TECH WORKS TOO

Although most people think in terms of computers when thinking of technology, assistive technology devices and services for persons with disabilities include an unlimited range of appliances and activities. Assistive Technology includes any tool, device, or apparatus which enables a person with a disability to perform a function he or she cannot perform without it. Just about anything, no matter how simple can be considered *Assistive Technology*.

For visually impaired persons, there are hundreds of gadgets to help function independently around the house. They include Large Print clocks and timers, talking scales, Large Print and talking thermometers, measuring cups, spoons, and tape measures with enlarged print and raised lines, needle threaders, sock sorters, knives with cutting guides, sensors that beep when liquid being poured reaches the top of the glass. There are beepers that sound off to help you find your keys, glasses or purse and that is only the beginning.

Many people develop their own technology, such as the woman with the use of only one hand who discovered that if she put a nail in her cutting board, she could hold an onion or tomato in place while slicing it one-handed. Most visually impaired persons develop countless systems and devices for themselves to help with day-to-day activities.

MOBILITY AIDS

Technology is also developed to enhance mobility. For example, there are glasses that provide auditory information about the environment, hand held scanners that detect the location and intensity of light and Talking Signs™ which indicate the location of features such as public telephones and bus stops.

A good way to find out about the assistive technology that may be helpful to you is to browse through catalogs. There are several vendors that offer a general inventory of household aids, tools, magnification equipment, tape recorders, recreational materials, etc. A list of these vendors is included in the “Directory of Vendors of Catalogs of Merchandise” listed in the “Directory of Resources” section of this ***Handbook***. Many of the vendors on the Vendors of Technology list will provide you with a free catalog.

The AT Network, affiliated with the Department of Rehabilitation and the Alliance for Technology Access, is a statewide project which promotes access to assistive technologies, related services, and information to enable people with disabilities to be successful, independent and productive. You may also wish to contact the AT Network for referral to sources of assistive technology in your community at: (800) 390-2699. For additional information on the AT Network, refer to the “Vendors of Assistive Technology” listed in the “Directory of Resources” section of this ***Handbook***.

X. ORGANIZATIONS AND ASSOCIATIONS

In addition to the services described in Chapter III of this **Handbook**, there are other organizations and associations that may be of interest to you. Some sponsor research on specific eye diseases, some do research on a wide variety of topics related to visual impairment and publish informational books, pamphlets, and newsletters. Others are consumer organizations with chapters throughout the United States whose members engage in various kinds of advocacy for individuals who are visually impaired.

CONSUMER ORGANIZATIONS

AMERICAN COUNCIL OF THE BLIND

The American Council of the Blind (ACB) is the nation's leading membership organization of blind and visually impaired people. The Council's membership numbers in the tens of thousands of which there are 51 state and regional affiliates and 20 national special interest and professional affiliates. However, membership is not limited to blind or visually impaired individuals.

The California Council for the Blind (CCB), the ACB's California affiliate, meets statewide on a regular basis as do all statewide affiliates to the organization. The

national special interest affiliates meet annually during the ACB national convention and many of these groups also have state/metropolitan chapters.

The Council strives to improve the well-being of all blind and visually impaired people by: serving as a representative national organization of blind people; elevating the social, economic and cultural levels of blind people; improving educational and rehabilitation facilities and opportunities; cooperating with the public and private institutions and organizations concerned with blind services; encouraging and assisting all blind persons to develop their abilities; and conducting a public education program to promote greater understanding of blindness and the capabilities of blind people.

The Braille Forum, a free monthly national magazine with a readership of approximately 26,000, is produced in Braille, Large Print, cassette, and IBM-compatible computer disc and contains articles on employment, legislation, sports and leisure activities, new products and services, human interest and other information of interest to blind and visually impaired people. For additional information, contact:

American Council of the Blind (ACB)

1155 15th Street NW, Suite 1004

Washington, DC 20005

(202) 467-5081

(800) 424-8666 (Toll-Free)

(202) 467-5085 (Fax)
Website: www.acb.org

CALIFORNIA COUNCIL OF THE BLIND

The California Council of the Blind (CCB), an affiliate of the ACB, is comprised primarily of blind and partially sighted people from all walks of life and all parts of the state working together to ensure better opportunities and quality of life for people who are blind or visually impaired. Detailed information about the ACB will follow directly after this section.

The CCB states that its vision is "...that culture, laws, programs, and attitudes throughout California are inclusive of all people, especially persons who are blind or visually impaired." The CCB uses its resources to help blind people help themselves in three major ways:

- Scholarship programs
- Low interest equipment loans that enable blind persons to obtain special equipment
- A toll-free number for recently blind persons and their families to obtain peer counseling, referrals to training facilities and government agencies, as well as advice to make the transition easier

For additional information contact:

The California Council of the Blind (CCB)

1510 J Street, Suite 125

Sacramento, CA 95814

(916) 441-2100

(800) 221-6359 (Toll-Free in CA)

(916) 441-2188 (Fax)

Website: www.ccbnet.org/conus.htm

E-mail: ccotb@ccbnet.org

SENIORS WITH VISION LOSS COMMITTEE

The Seniors with Vision Loss Committee, a sub-group of the CCB, is a resource for role models, peer counseling, support, information, and promotion of independence.

The purpose is to assist and empower California senior citizens that are blind or visually impaired through education, advocacy and encouragement. This committee offers a statewide network of resource representatives who can provide information, referrals and peer counseling.

Call the CCB at (916) 441-2100 or (800) 221-6359 (Toll-Free in CA) to get the name and phone number of your nearest resource representative.

NATIONAL FEDERATION OF THE BLIND

Founded in 1940, the National Federation of the Blind (NFB) has grown to include more than ten percent of the nation's blind population. The NFB is organized in every state and has local chapters, of varying sizes, in almost every community. Where there is no local chapter, there are generally members at large.

The purpose of the NFB is the complete integration of the blind into society on a basis of equality. This objective involves the removal of legal, economic and social discriminations; the education of the public to new concepts concerning blindness; and the achievement by all blind people of the right to exercise to the fullest, their individual talents and capacities.

The NFB believes that the newly blind person faces a difficult adjustment. One of the best medicines is to meet other blind people and learn of their jobs and the techniques they use in doing things without sight. The NFB provides this common meeting ground, and even more important, a sense of participation and restoration of confidence.

Members of the NFB contact newly blind persons to help them with problems of adjustment and orientation. Information is also given concerning available services from governmental and private agencies, as well as facts about laws and regulations concerning the blind.

The NFB is the “voice of the blind, the blind speaking for themselves.” For additional information contact:

National Federation of the Blind (NFB)

1800 Johnson Street
Baltimore, MD 21230

(410) 659-9314

(410) 685-5653 (Fax)

Website: www.nfb.org/nfb/Default.asp

The NFB of California’s contact information is:

National Federation of the Blind (NFB) of California

5530 Corbin Avenue, Suite 313

Tarzana, CA 91356

(818) 342-6524

(877) 558-6524 (Toll-Free)

(818) 394-7930 (Fax)

Website: www.nfbcal.org

E-mail: nfbcal@sbcglobal.net

RESEARCH ASSOCIATIONS

AMERICAN FOUNDATION FOR THE BLIND

The American Foundation for the Blind (AFB) is a national non-profit agency working in cooperation with over 700 agencies, organizations, and schools, offering services to blind and visually impaired people. The

mission of the AFB is to enable people who are blind and visually impaired to achieve equality of access and opportunity that will ensure freedom of choice in their lives. Since its founding in 1921, the AFB has recognized its need to take a leadership role in educating the general public as to the capabilities of people who are blind and visually impaired.

The AFB develops, collects and disseminates information regarding the non-medical aspects of blindness. The organization has published hundreds of books, pamphlets and magazines and has compiled a catalog of these materials. For a list of these informational publications, contact the AFB. The AFB's contact information is:

American Foundation for the Blind, Information Center

11 Penn Plaza, Suite 300

New York, NY 10001

(212) 502-7600

(800) 232-5463 (Toll-Free)

(212) 502-7777 (Fax)

Website: www.afb.org

E-mail: afbinfo@afb.net

FOUNDATION FIGHTING BLINDESS

The Foundation Fighting Blindness (FFB) is a national eye research foundation dedicated to finding a cure for Retinitis Pigmentosa, Macular Degeneration and related

retinal degenerative diseases. The Foundation funds more research on these diseases than any other non-governmental agency in the world, supporting scores of basic and clinical research projects in the U.S. and foreign countries. In addition, it serves as a worldwide source of information for affected families, specialists and professionals.

The Foundation has more than 50 affiliates in the United States. Annually, approximately 80 percent of the Foundation's budget is spent on program services including research, public health and education and human services. The FFB has a National Network of Volunteer Groups that raise funds, increase public awareness and provide support to their communities which are divided into local chapters. For additional information about FFB or to find a local chapter contact:

Foundation Fighting Blindness National Headquarters

11435 Cronhill Drive

Owings Mills, MD 21117

(800) 683-5555 (Toll-Free)

(800) 683-5551 (TTY)

Website: www.blindness.org

E-mail: info@FightBlindness.org

PREVENT BLINDNESS NORTHERN CALIFORNIA

The Prevent Blindness Northern California (PBNC) provides services to prevent vision impairment to two vulnerable segments of the population: young children and underserved adults. This is accomplished by providing vision screenings throughout Northern California. For additional information contact:

Prevent Blindness Northern California

San Francisco Office

1388 Sutter Street, Suite 408

San Francisco, CA 94109

(415) 567-7500 (outside California)

(800) 338-3041 (inside California)

(415) 567-7600 (Fax)

Website: www.eyefinfo.org

E-mail: q@eyefinfo.org

Prevent Blindess Northern California

Redding Branch Office

215 Lake Boulevard, No. 634

Redding, CA 96003

(530) 243-0410

(530) 243-0414 (Fax)

E-mail: msantos@eyefinfo.org

GLAUCOMA RESEARCH FOUNDATION

Glaucoma is a leading cause of blindness, has no warning, no symptoms, and if left undetected, steals sight. With proper care and treatment, it can be controlled and vision retained.

The Glaucoma Research Foundation sees a future time where sight and independence are not threatened. Through research, public awareness and patient education, they are looking to protect and preserve sight. For additional information contact:

Glaucoma Research Foundation

251 Post Street, Suite 600

San Francisco, CA 94108

(415) 986-3162

(800) 826-6693 (Toll-Free)

(415) 986-3763 (Fax)

Website: www.glaucoma.org

E-mail: question@glaucoma.org

THE GLAUCOMA FOUNDATION

The Glaucoma Foundation (TGF) is an international non-profit organization dedicated to fighting Glaucoma, the world's leading preventable cause of blindness. The Foundation's strategy is two-fold: to raise public awareness concerning the necessity of regular eye exams and to fund critical research to find cures for

Glaucoma. For additional information contact:

The Glaucoma Foundation

80 Maiden Lane, Suite 700

New York, NY 10038

(212) 285-0080

Website: www.glaucomafoundation.org

E-mail: info@glaucomafoundation.org

**AMERICAN MACULAR
DEGENERATION FOUNDATION**

The American Macular Degeneration Foundation (AMDF) works for the prevention, treatment and cure of macular degeneration through raising funds, educating the public and supporting scientific research. For additional information contact:

American Macular Degeneration Foundation

P.O. Box 515

Northampton, MA 01061-0515

(413) 268-7660

(888) 622-8527 (Toll-Free)

Website: www.macular.org

E-mail: amdf@macular.org

AMERICAN DIABETES ASSOCIATION

Diabetes is the leading cause of new cases of blindness among adults aged 20-74 years. Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year. Everything you need to know, from nutrition to exercise, to who's at risk for diabetes, has been researched by the American Diabetes Association (ADA). For additional information or to find a local office contact:

American Diabetes Association

ATTN: National Call Center

1701 North Beauregard Street

Alexandria, VA 22311

(800) 342-2383 (National Diabetic Information Line)

Website: www.diabetes.org/home.jsp

E-mail: AskADA@diabetes.org

DIRECTORY OF RESOURCES

A. CALIFORNIA AGENCIES

NORTHERN CALIFORNIA REGION

ALBANY

Orientation Center for the Blind

400 Adams Street

Albany, CA 94706

(510) 559-1208

Website: www.dor.ca.gov/ssd/blindser.htm#ocb

E-mail: ocbinfo@dor.ca.gov

The Orientation Center for the Blind (OCB) is a rehabilitation center, associated with the California Department of Rehabilitation, which is dedicated to providing independent living skills training for people with severe vision impairments. The curriculum taught in this “dorm-type” setting addresses the acquisition of new skills such as: adjustment to new vision disabilities, adaptive skills and immersion in an atmosphere that is respectful of and knowledgeable about the abilities of blind and visually impaired people.

EUREKA

LightHouse of the North Coast

2830 G Street, Suite B-1

Eureka, CA 95501

(707) 268-5646

(707) 268-5647 (Fax)

(707) 268-5565 (TTY)

Website: www.lighthouse-sf.org

E-mail: info@lighthouse-sf.org

FRESNO

Valley Center for the Blind and Visually Impaired

1060 Fulton Mall, Suite 315

Fresno, CA 93721

(559) 222-4447

(559) 222-4844 (Fax)

Website: valleycenterfortheblind.org

E-mail: info@valleycenterblind.org

Central Valley Blind Babies Foundation

Children's Hospital of Central California

(Serving Fresno, Tulare, and Kings Counties)

41169 Goodwin Way, MB-17

Madera, CA, 93638-8766

(559) 353-6420

(559) 353-6027 (Fax)

Website: blindbabies.typepad.com

E-mail: bbfinfo@blindbabies.org

MARIN

LightHouse of Marin

1137 4th Street

San Rafael, CA 94901

(415) 258-8496

(415) 258-8501 (Fax)

Website: www.lighthouse-sf.org

E-mail: info@lighthouse-sf.org

NEVADA AND PLACER COUNTIES

Sierra Services for the Blind

546 Searls Avenue

Nevada City, CA 95959

(530) 265-2121

(530) 265-2198 (Fax)

Website: www.sierraservices.org

E-mail: info@SierraServices.org

OAKLAND

Lions Center for the Blind

3834 Opal Street

Oakland, CA 94609

(510) 450-1580

(510) 654-3603 (Fax)

Website: www.lbcenter.org

E-mail: info@lbcenter.org

Blind Babies Foundation

1814 Franklin Street, 11th Floor

Oakland, CA 94612

(510) 446-BABY or (510) 446-2229

(510) 446-2262 (Fax)

Website: blindbabies.typepad.com

E-mail: bbfinfo@blindbabies.org

PALO ALTO

Vista Center for the Blind and Visually Impaired

2470 El Camino Real, Suite 107

Palo Alto, CA 94306

(650) 858-0202

(650) 858-0857 (Fax)

Website: www.pcbvi.org

E-mail: info@vistacenter.org

PITTSBURG

Lions Center for the Visually Impaired

175 Alvarado Avenue

Pittsburg, CA 94565

(925) 432-3013

(925) 432-7014 (Fax)

SACRAMENTO

Society for the Blind

2750 24th Street

Sacramento, CA 95818

(916) 452-8271

(916) 452-2622 (Fax)

Website: www.societyfortheblind.org

E-mail: frontdesk@societyfortheblind.org

SAN FRANCISCO

American Foundation for the Blind (AFB West)

44 Montgomery Street, Suite 1305

San Francisco, CA 94104

(415) 392-4845

(415) 392-0383 (Fax)

Website: www.afb.org

E-mail: sanfran@afb.net

Lighthouse for the Blind and Visually Impaired

214 Van Ness Avenue

San Francisco, CA 94102

(415) 431-1481

(415) 431-4572 (TTY)

(415) 863-7568 (Fax)

Website: www.lighthouse-sf.org

E-mail: info@lighthouse-sf.org

Blind Babies Foundation

5016 Mission Street

San Francisco, CA 94112

(415) 586-6140

(415) 586-6279 (Fax)

Website: www.blindbabies.org

E-mail: bbfinfo@blindbabies.org

SAN JOSE

Santa Clara Valley Blind Center, Inc

101 North Bascom Avenue

San Jose, CA 95128

(408) 295-4016

(408) 295-1398 (Fax)

Website: www.visionbeyondsight.org

E-mail: info@visionbeyondsight.org

Blind Babies Foundation Family Center South Bay Center

255 North Market Street, Suite 115

San Jose, CA 95112

(415) 586-6140

Website: blindbabies.typepad.com

E-mail: bbfinfo@blindbabies.org

SAN PABLO

Living Skills Center for the Visually Impaired

2430 Road 20, #B-112

San Pablo, CA 94806

(510) 234-4984

(510) 234-4986 (Fax)

Website: www.livingskillscenter.org

E-mails:

Executive Director: patty@livingskillscenter.org

Program Director: pattim@livingskillscenter.org

SAN RAFAEL

Guide Dogs for the Blind

Mailing Address:

P.O. Box 151200

San Rafael, CA 94915

California Campus:

350 Los Ranchitos Road

San Rafael, CA 94903

(415) 499-4000

(415) 499-4035 (Fax)

Website: www.guidedogs.com

E-mail: Information@guidedogs.com

SANTA CRUZ

Vista Center for the Blind and Visually Impaired

413 Laurel Street

Santa Cruz, CA 95060

(831) 458-9766

(831) 426-6233 (Fax)

Website: www.doranblindcenter.org

E-mail: information@vistacenter.org

SANTA ROSA

The Earle Baum Center of the Blind

4539 Occidental Road

Santa Rosa, CA 95401

(707) 523-3222

(707) 636-2768 (Fax)

Website: www.earlebaum.org

E-mail: ebc@earlebaum.org

STOCKTON

Community Center for the Blind and Visually Impaired

130 West Flora Street

Stockton, CA 95202

(209) 466-3836

(209) 466-5692

Website:

www.communitycenterfortheblind.org/index.php

E-mail: info@communitycenterfortheblind.org

SOUTHERN CALIFORNIA REGION

ALHAMBRA

Center for Living Independence for the Multi-Handicapped Blind (CLIMB)

2300 West Main Street

Alhambra, CA 91801

(626) 289-5321

Website: www.climbwac.com

E-mail: wac@climbwac.com or climbwac@aol.com

ANAHEIM

Braille Institute of America

527 North Dale Avenue

Anaheim, CA 92801

(714) 821-5000

(714) 527-7621 (Fax)

Website: www.brailleinstitute.org

E-mail: oc@brailleinstitute.org

BAKERSFIELD

The Center for the Blind and Visually Impaired

1124 Baker Street
Bakersfield, CA 93305
(661) 322-5234
(661) 322-7754 (Fax)
Website: www.cbvi.org
E-mail: info@cbvi.org

BURBANK

The Center for the Partially Sighted Valley Office

18425 Burbank Boulevard #706
Tarzana, CA 91356
(818) 705-5954
Website: www.low-vision.org
E-mail: info@low-vision.org

LOS ANGELES

Braille Institute of America

741 North Vermont Avenue
Los Angeles, CA 90029
(323) 663-1111
(323) 663-0867 (Fax)
Website: www.brailleinstitute.org
E-mail: la@brailleinstitute.org

Junior Blind of America

5300 Angeles Vista Boulevard

Los Angeles, CA 90043

(323) 295-4555

(800) 352-2290 (Outside of Southern California)

(323) 296-0424 (Fax)

Website: www.fjb.org

E-mail: info@juniorblind.org

Blind Childrens Center

4120 Marathon Street

Los Angeles, CA 90029

(323) 664-2153

(323) 665-3828 (Fax)

Website: www.blindchildrenscenter.org

The Center for the Partially Sighted

12301 Wilshire Boulevard, Suite 600

Los Angeles, CA 90025

(310) 458-3501

(310) 458-8179 (Fax)

Website: www.low-vision.org

E-mail: info@low-vision.org

MONTCLAIR**White Cane Center for the Blind**

5437 San Bernardino Street

Montclair, CA 91763

(909) 624-8988

PALM SPRINGS

Desert Blind Association

800 South Vella Road
Palm Springs, CA 92263
(760) 323-4414
(760) 320-4906 (Fax)
E-mail: desertblind@dc.rr.com

Guide Dogs of the Desert

P.O. Box 1692
Palm Springs, CA 92263
(760) 329-6257
(760) 329-2127 (Fax)
Website: www.guidedogsofthedesert.org
E-mail: info@gddca.org

RANCHO MIRAGE

Braille Institute of America

70-251 Ramon Road
Rancho Mirage, CA 92270
(760) 321-1111
(760) 321-9715 (Fax)
Website: www.brailleinstitute.org
E-mail: dc@brailleinstitute.org

RESEDA

Therapeutic Living Centers for the Blind

7915 Lindley Avenue

Reseda, CA 91335

(818) 708-1740

(818) 708-7899 (Fax)

Website: www.tlc4blind.org

E-mail: info@tlc4blind.org

RIVERSIDE

Blindness Support Services, Inc.

3696 Beatty Drive, Suite A

Riverside, CA 92506

(951) 341-9244

(951) 341-6335 (Fax)

Website: www.blindnesssupport.com

E-mail: info@blindnesssupport.com

SAN BERNARDINO

San Bernardino Valley Lighthouse for the Blind

762 North Sierra Way

San Bernardino, CA 92410

(909) 884-3121

(909) 884-2964 (Fax)

SAN DIEGO

Braille Institute of America

4555 Executive Drive

San Diego, CA 92121

(858) 452-1111

(858) 452-1688 (Fax)

Website: www.brailleinstitute.org

E-mail: sd@brailleinstitute.org

San Diego Center for the Blind and Vision Impaired

San Diego Location

5922 El Cajon Boulevard

San Diego, CA 92115

(619) 583-1542

(619) 583-2335 (Fax)

Website: www.sdcb.org

E-mail: information@sdcb.org

SANTA ANA

Blind Children's Learning Center

18542-B Vanderlip Avenue

Santa Ana, CA 92705

(714) 573-8888

(714) 573-4944 (Fax)

Website: www.blindkids.org

E-mail: linn.morgan@blindkids.org

SANTA BARBARA

Braille Institute of America

2031 De La Vina Street

Santa Barbara, CA 93101

(805) 682-6222

(805) 687-6141 (Fax)

Website: www.brailleinstitute.org

E-mail: sb@brailleinstitute.org

SIERRA MADRE

Center for Living Independence for the Multi-Handicapped Blind (CLIMB)

171 West Sierra Madre Boulevard

Sierra Madre, CA 91024

(626) 355-1447

Website: www.climbwac.com

E-mail: wac@climbwac.com or climbwac@aol.com

SYLMAR

Guide Dogs of America

13445 Glenoaks Boulevard

Sylmar, CA 91342

(818) 362-5834

(818) 362-6870 (Fax)

Website: www.guidedogsofamerica.org

E-mail: mail@guidedogsofamerica.org

VISTA

San Diego Center for the Blind and Vision Impaired

Vista Location

1385 Bonair Road

Vista, CA 92084

(760) 758-5956

(760) 758-0380 (Fax)

Website: www.sdcb.org

E-mail: information@sdcb.org

WHITTIER

Intercommunity Blind Center, Inc.

Physical Address:

7702 South Washington Avenue

Whittier, CA 90602

Mailing Address

P.O. Box 5318

Whittier, CA 90607

(562) 945-8771

(562) 945-0051 (Fax)

Website: www.intercommunityblindcenter.org

B. LOW VISION SERVICES IN CALIFORNIA

ABOUT LOW VISION SERVICES

Low vision clinics provide specialized eye examinations and optical aids for people with severe visual limitations that cannot be helped by the usual corrective lenses. Light-enhancers, special glasses, magnifiers, closed circuit television, telescopes or other devices may be prescribed at these facilities.

The purpose of these low vision optical aids is to allow persons with severely limited vision the ability to use their remaining vision more efficiently. This enables them to expand and retain their independence while performing daily living activities.

After an optical aid has been prescribed, a vision care professional will give careful instruction on how to use it. Sometimes more than one optical aid will be prescribed for an individual. Before an optical aid is purchased, it will often be available to take home and use on a trial basis.

The eye examination and the low vision optical aids may be paid for by Medicare and/or the California Department of Rehabilitation. Sometimes a non-profit or other service organization will help with these costs if there is no other funding source. Some clinics or doctor's offices will handle the paper work and fill out the forms required by these funding sources for your convenience.

NORTHERN CALIFORNIA REGION

BERKELEY

Meredith W. Morgan University Eye Center

University of California at Berkeley

School of Optometry

200 Minor Hall

Berkeley, CA 94720

(510) 642-2020

Website: www.Caleyecare.org

Tang Center

3rd Floor, Optometry Clinic

2222 Bancroft Way

Berkeley, CA 94720

(510) 643-2020

CHICO

Douglas R. Myers, O.D.

119 Yellowstone Drive

Chico, CA 95973

(530) 891-1146

Randall McPherran, O.D.

Eye Life Institute - Chico

111 Raley Boulevard, Suite 240

Chico, CA 95928
(530) 892-2020
(530) 877-4641 (Fax)
Website: www.eyelife.net/mcpherran.htm
E-mail: eyecare@eyelife.net

CITRUS HEIGHTS

Palmer N. Lee, O.D.
5959 Greenback Lane, Suite 130
Citrus Heights, CA 95621
(916) 726-1818
(916) 726-1822 (Fax)
Website: www.eyecenteroptometric.com
E-mail: info@eyecenteroptometric.com

DUBLIN

Mark McAdams, O.D.
7189 Amador Plaza Road
Dublin, CA 94568
(925) 828-9511

EUREKA

Zuzana Gellner, O.D.
Eureka Optometric Center
2369 Harrison Avenue

Eureka, CA 95501
(707) 442-1472

**Andrew Cochran, M.D., Gregory N. Gibb, M.D.,
John S. Mastroni, M.D.**
2840 O'Neil Lane
Eureka, CA 95503
(707) 443-9777
(707) 445-1003 (Fax)

Lighthouse of the North Coast
2830 G Street, Suite B-1
Eureka, CA 95501
(707) 268-5646
(707) 268-5647 (Fax)
Website: www.lighthouse-sf.org

FARMERSVILLE

Dennis Wallace, O.D.
662 East Visalia Road
Farmersville, CA 93223
(559) 747-3461

FORTUNA

Alan French, O.D.
Fortuna Optometry
630 9th Street

Fortuna, CA 95540
(707) 725-5144
(707) 725-3511 (Fax)

Brian Calvert, O.D.

3429 Renner Drive
Fortuna, CA 95540
(707) 725-5255
(707) 725-8833 (Fax)
Website: doctorcalvert.com
E-mail: calvertopt@sbcglobal.net

FRESNO

Eye Q Vision Care

7075 N. Sharon Avenue
Fresno, CA 93720
(559) 486-2000
(559) 256-8595 (Fax)
Website: www.eyeqvisioncare.com

California Eye Institute

Low Vision Department
St. Agnes Hospital
1360 East Herndon
Fresno, CA 93720
(559) 449-5000
Website:
www.samc.com/UMAP.asp?ID=1314&FolderID=174

GRASS VALLEY

Kevin Woodburn, O.D.

400-A Sierra College Drive
Grass Valley, CA 95945
(530) 273-5583

MERCED

Eye Q Vision Care
510 West 25th Street
Merced, CA 95340
(800) 378-4746 Toll-Free
Website: www.eyeqvisioncare.com

MILL VALLEY

Eliot Kaplan, O.D.

Mill Valley Optometry
61 Camino Alto, Suite 100A
Mill Valley, CA 94941
(415) 381-2020
Website: www.millvalleyoptometry.com
E-mail: eliot@millvalleyoptometry.com

PALO ALTO

Vista Center for the Blind and Visually Impaired

2470 El Camino Real, Suite 107

Palo Alto, CA 94306

(650) 858-0202

(650) 858-0857 (Fax)

Website: www.pcbvi.org

Western Blind Rehabilitation Center

U.S. Department of Veterans Affairs

VA Palo Alto Health Care Systems

3801 Miranda Avenue

Palo Alto, CA 94304

(650) 493-5000

Website: www.palo-alto.med.va.gov

PARADISE

Randall McPherran, O.D.

Eye Life Institute - Paradise

6283 Clark Road, Suite 10

Paradise, CA 95969

(530) 877-2020

(530) 877-4641 (Fax)

Website: www.eyelife.net/mcpherran.htm

E-mail: eyecare@eyelife.net

REDDING

David L. Dennis, O.D.

3416 Bachelli Lane
Redding, CA 96002

(530) 222-1422

(530) 222-5282 (Fax)

Website: www.drsdennisandgussenhoven.com

E-mail: office@drsdennisandgussenhoven.com

Northern California Vision Resource Center

900 Twin View Boulevard
Redding, CA 96003

(530) 243-1651

(530) 243-1073 (Fax)

Website: www.shascade.org/vision.htm

E-mail: info@shascade.org

SACRAMENTO

Don P. Fong, O.D.

3956 J Street, Suite 4
Sacramento, CA 95819

(916) 739-6260

(916) 739-0168 (Fax)

Sacramento Society for the Blind

Low Vision Clinic

2750 24th Street

Sacramento, CA 95818

(916) 452-8271

(916) 452-2622 (Fax)

Website: www.societyfortheblind.org

E-mail: frontdesk@societyfortheblind.org

Ronald J. Cole

Medical Vision Technology Ophthalmology Group, Inc.

1700 Alhambra Boulevard, Suite 202

Sacramento, CA 95816

(916) 731-5503

SAN FRANCISCO

Lighthouse for the Blind and Visually Impaired

Low Vision Clinic

214 Van Ness Avenue

San Francisco, CA 94102

(415) 431-1481 or (415) 694-7318

(415) 863-7568 (Fax)

Website: www.lighthouse-sf.org

E-mail: info@lighthouse-sf.org

SAN JOSE

Curt Keswick, O.D.

6531 Crown Boulevard, Suite 4

San Jose, CA 95120

(408) 997-2020

(408) 904-7655 (Fax)

Website: www.almadeneyecare.com

SANTA ROSA

Dennis Kennedy O.D.

Uptown Optometry

208 E Street

Santa Rosa, CA 95404

(877) 546-3839 (Toll-Free)

(707) 546-3836

(707) 546-3879 (Fax)

E-mail: doctors@uptownoptometry.com

SELMA

Eye-Q Vision Care

2719 Cinema Way

Selma, CA 93662

(559) 486-2000

(559) 819-2355 (Fax)

Website: www.eyeqvisioncare.com

UKIAH

Marilyn K. Gilbreath, O.D.

102 Scott Street

Ukiah, CA 95482

(707) 462-7040
(707) 462-7089 (Fax)
E-mail: gilpark@pacific.net

VISALIA

**Stan Feil, M.D., David Feil, M.D., Victor Chiu, M.D.,
Michael Baumann, O.D., Matthew Oblad, O.D.**

Visalia Eye Center
112 N. Akers Street
Visalia, CA 93291
(800) 433-4563 (Toll-Free)
(559) 733-4372
(559) 733-1758 (Fax)
Website: www.visaliaeye.com
E-mail: feilmd@visaliaeye.com

SOUTHERN CALIFORNIA REGION

ATASCADERO

Lauren Tobin, O.D.
Primary Eye Care Center
7605 Morro Road
Atascadero, CA 93422
(805) 466-3777
(805) 543-4778 (Fax)
Website: www.sloeye.com

BAKERSFIELD

Thurman Edward Wood, O.D.

4900 Commerce Drive
Bakersfield, CA 93309
(661) 325-7738

BEVERLY HILLS

Retina-Vitreous Associates Medical Group

8641 Wilshire Boulevard, Suite 210
Beverly Hills, CA 90211
(310) 854-6201
(310) 652-7520 (Fax)
Website: www.laretina.com

BRAWLEY

Donald Barniske, O.D.

260 Main Street
P.O. Box 1071
Brawley, CA 92227
(760) 351-2020

BURBANK

Wayne Hoeft, O.D., Craig Hoeft, O.D.

Burbank Family Optometry

907 North San Fernando Boulevard

Burbank, CA 91504

(818) 846-9075

(818) 846-9084 (Fax)

Website: www.visionsource-burbankfamilyoptometry.com

CHULA VISTA

Robert Evans, O.D.

330 Oxford Street, Suite 206

Chula Vista, CA 91911

(619) 422-5361

CORONA

Richard J. Shuldiner, O.D., F.A.A.O.

Low Vision Optometry of Southern California

1290 East Ontario Avenue

Corona, CA 92881

(888) 610-2020

(951) 898-2021 (Fax)

Website: www.LowVisionCare.com

E-mail: Doctor@LowVisionCare.com

COSTA MESA

Michael Bourgoin, O.D.

1835 Newport Boulevard, Suite A-111

Costa Mesa, CA 92627

(949) 646-4949

(949) 646-2533 (Fax)

Website: www.visionsource-customeyes.com

E-mail: customeyes@sbcglobal.net

EL CAJON

Marilyn Carter, O.D.

510 South Magnolia

El Cajon, CA 92020

(619) 444-9012

(619) 444-0232 (Fax)

ENCINO

Robert L. Gordon, O.D., Aung Zaw Phoo O.D.

Encino Optometry Center

16255 Ventura Boulevard, Suite 705

Encino, CA 91436

(818) 986-8960

Website: www.encinooptometric.com

FULLERTON

Low Vision Service Eye Care Center

Southern California College of Optometry

2575 Yorba Linda Boulevard

Fullerton, CA 92831
(714) 870-7226 or (714) 992-7890
(714) 992-7863 (Fax)
Website: www.sccoeyecare.com

HERMOSA BEACH

Warren Barr, O.D.
1200 Artesia Boulevard, Suite 1
Hermosa Beach, CA 90254
(310) 372-5213
Website: visionaryoptometryinc.com

HOLLYWOOD

Xavier P. Ordonez, O.D., F.A.A.O.
6325 Hollywood Boulevard
Hollywood, CA 90028
(323) 469-3131

HUNTINGTON BEACH

Douglas R. Williams, O.D.
6042 Warner Avenue
Huntington Beach, CA 92647
(714) 847-6059
(714) 879-9834 (Fax)
E-mail: drwilliams.od@gte.net

LA JOLLA

Mericos Eye Institute

Scripps Partial Vision Center

9888 Genesee Avenue

La Jolla, CA 92037

(800) 727-4777 (Toll-Free)

(858) 457-2020

(858) 626-6560 (Fax)

Website:

www.scripps.org/locations/hospitals_scripps-memorial-hospital-la-jolla/services/eye-care_eye-care

Shiley Eye Center

University of California – San Diego Medical Center

9415 Campus Point Drive

La Jolla, CA 92093

(858) 534-6290

Website: shileyeye.ucsd.edu/index.htm

LA MESA

Thomas M. Hixon, O.D.

La Mesa Vision Center

8007 La Mesa Boulevard

La Mesa, CA 91941

(619) 466-5665

(619) 466-5688 (Fax)

E-mail: hixsonod@home.com

LANCASTER

Paul Lin, O.D., Phuong Quach, O.D.

Antelope Valley Family Optometry
2720 E. Palmdale Boulevard, Suite 133
Palmdale, CA 93550

(661) 267-0026

(661) 267-0892 (Fax)

Website: www.avfo.net

E-mail: paulclin@avfo.net

LOMA LINDA

Department of Ophthalmology

Loma Linda University Medical Center
11370 Anderson Street, Suite 1800
Loma Linda, CA 92354

(909) 558-2154

Website: lomalindahealth.org/health-care/our-services/ophthalmology/index.html

LONG BEACH

St. Mary Medical Center - Low Vision Center

1055 Linden Avenue
Long Beach, CA 90813

(562) 491-9275

Website: www.stmarymedicalcenter.org

Eye Center

Long Beach Memorial Medical Center

Buffum Medical Pavilion

450 East Spring Street, Suite 6

Long Beach, CA 90806

(562) 933-0123

(562) 933-0129 (Fax)

Website:

www.memorialcare.org/locations/locations_detail.cfm?medlocID=239

LOS ANGELES

Elise Brisco, O.D.

Hollywood Vision Center

955 S. Carrillo Drive, Suite 105

Los Angeles, CA 90048

(323) 954-5800

(323) 954-5807 (Fax)

Website: www.hollywoodvision.com

E-mail: Hollywood_Vision@yahoo.com

Michael Kahwaji, O.D.

2771 Rowena Avenue

Los Angeles, CA 90039

(323) 664-1996

(323) 664-0596 (Fax)

Lynn W. Kurata, O.D.

420 East 3rd Street, Suite 603

Los Angeles, CA 90013
(213) 680-1551
(213) 680-2148 (Fax)

Jules Stein Eye Institute - Low Vision Clinic

Department of Ophthalmology
University of California at Los Angeles
100 Stein Plaza
Los Angeles, CA 90095
(310) 825-5000
Website: www.jsei.org

Low Vision Services Optometric Center of Los Angeles

Southern California College of Optometry
3916 S. Broadway
Los Angeles, CA 90037
(323) 234-9137
(818) 308-1628
(323) 235-6203 (Fax)
Website: www.sccoeyecare.com

The Center for the Partially Sighted

12301 Wilshire Boulevard, Suite 600
Los Angeles, CA 90025
(310) 458-3501
(310) 458-8179 (Fax)
Website: www.low-vision.org
E-mail: info@low-vision.org

Carl Garbus, O.D.

Family Vision Care, Inc.

1149 South Hill Street, Suite 365
Los Angeles, CA 90015
(213) 749-3461
(213) 749-1618 (Fax)
Website: www.fvcoptometry.com

Eddy Naime, O.D.
Espinosa Optometric Eye Center
4545 East 3rd Street
Los Angeles, CA 90022
(323) 261-3098
(800) 914-2020
Website: www.drespinosa.com
E-mail: drespinosa@earthlink.net

Retina-Vitreous Associates Medical Group
1127 Wilshire Boulevard, Suite 1620
Los Angeles, CA 90017
(213) 483-8810
(213) 481-1503 (Fax)
Website: www.laretina.com

Doheny Eye Institute
University of Southern California
1450 San Pablo Street
Los Angeles, CA 90033
(323) 442-6335
(800) 872-2273
Website: www.doheny.org

NORTH HOLLYWOOD

Retina-Vitreous Associates Medical Group

12840 Riverside Drive, Suite 402

North Hollywood, CA 91607

(818) 754-2090

(818) 508-9420 (Fax)

Website: www.laretina.com

ORANGE

University of California at Irvine (UCI) Medical Center

Low Vision Clinic

101 City Drive South

Orange, CA 92868

(714) 456-7890 or (877) UCI-DOCS or (877) 824-3627

Website: www.healthcare.uci.edu/opths.asp

Doheny Eye Center

2617 E. Chapman Avenue, Suite 301

Orange, CA 92869

(714) 628-2966

Website: www.doheny.org

OXNARD

Bernard K. Rubin, O.D., Catherine Barker, O.D.

A Street Optometric Center

363 South A Street

Oxnard, CA 93030
(805) 483-6619
(805) 487-5359 (Fax)
Website: www.astreetoptometric.com

RANCHO SANTA FE

Elizabeth Christensen, O.D.
6037 La Granada Street, Suite A
Rancho Santa Fe, CA 92067
(858) 756-3210

RIALTO

Susan Sawyer, O.D.
Sawyer Vision Optometry
1613 Riverside Avenue, Suite B
Rialto, CA 92376
(909) 421-1022 or (909) 421-3900
(909) 421-1215 (Fax)
Website: www.drsusansawyer.com

SAN BERNARDINO

Sandra M. Akamine, O.D.
399 East Highland Avenue, Suite 201
San Bernardino, CA 92404
(909) 881-2428

SAN GABRIEL

Karen H. Chao, O.D.

Total Vision Development Center
121 South Del Mar Avenue, Suite A
San Gabriel, CA 91776

(626) 287-0401

Website: www.optometrists.org/drkhchao

E-mail: drkhchao@yahoo.com

SAN JOSE

Advance Vision Center of Optometry, P.C.

545 Meridian Avenue, Suite G
San Jose, CA 95126

(408) 947-2020

(408) 947-2077 (Fax)

Website: www.advancevisioncenter.com

SAN LUIS OBISPO

Lauren Tobin, O.D.

Primary Eye Care Center
764 Santa Rosa
San Luis Obispo, CA 93401

(805) 543-1447

(805) 543-4778 (Fax)

Website: www.sloeye.com

Jason Chang, O.D.

Center for the Partially Sighted, EnVision Optometry
1245 Broad Street
San Luis Obispo, CA 93401
(805) 863-4234
(805) 784-9309 (Fax)

SAN MARCOS

Richard Skay, O.D.

1903 W. San Marcos Boulevard, Suite 130
San Marcos, CA 92078
(760) 727-2211
(760) 727-2533 (Fax)
Website: www.richardmskayod.com

SANTA BARBARA

Joanne Gronquist, O.D., Tem Gronquist, O.D.

1805 State Street, Suite B
Santa Barbara, CA 93101
(805) 569-1504
(805) 569-8707 (Fax)
Website: www.sboptometrist.com
E-mail: info@sboptometrist.com

SANTA CLARITA

Retina-Vitreous Associates Medical Group

23501 Cinema Drive, Suite 109

Santa Clarita, CA 91355

(661) 290-2336

(661) 290-2346 (Fax)

Website: www.laretina.com

SANTA CRUZ

Doran Low Vision Center

Vista Center Santa Cruz for the Blind and Visually Impaired

413 Laurel Street

Santa Cruz, CA 95060

(831) 458-9766

Website: www.doranblindcenter.org

E-mail: information@vistacenter.org

SIMI VALLEY

Elizabeth Camara, O.D.

2845 Cochran Street, Suite D

Simi Valley, CA 93065

(805) 527-6824

(805) 527-9247 (Fax)

SOUTH PASADENA

Shelly R. Holcomb-Lowe, O.D., Cindy Wang, O.D.

South Pasadena Optometric Group, Inc.

729 Mission Street, Suite 200

South Pasadena, CA 91030

(626) 441-5300

(626) 441-2880 (Fax)

Website: www.southpasadenaeyes.com

E-mail: Info@SouthPasadenaEyes.com

SUN CITY

John S. Hersh, O.D., F.A.A.O.

Low Vision Service, Sun City Vision Clinic

27830 Bradley Road

Sun City, CA 92586

(951) 672-4971

SYLMAR

Craig Hoeft, O.D., Vanessa Ferrucci, O.D.,

James Caballero, O.D.

12661 Glenoaks Boulevard

Sylmar, CA 91342

(818) 367-2171

(818) 364-7197 (Fax)

Website: www.visionsource-drchoeftsymlar.com

E-mail: drcsylmar@hotmail.com

TARZANA

The Center for the Partially Sighted Valley Office

18425 Burbank Boulevard, #706

Tarzana, CA 91356

(818) 705-5954

Website: www.low-vision.org

E-mail: info@low-vision.org

TORRANCE

The Center for the Partially Sighted

South Bay Satellite

22340 Hawthorne Boulevard

Torrance, CA 90503

(310) 458-3501

(310) 458-8179 (Fax)

Retina-Vitreous Associates Medical Group

3440 Lomita Boulevard, Suite 327

Torrance, CA 90505

(310) 891-1000

(310) 891-1003 (Fax)

Website: www.laretina.com

VALENCIA

Carl Garbus, O.D.

Family Vision Care, Inc.

27674 Newhall Ranch Road, Suite 75

Valencia, CA 91355

(805) 775-1860

(805) 775-9627 (Fax)

Website: www.fvcoptometry.com

VENTURA

Richard Hatcher, O.D.

4080 Loma Vista Road, Suite F

Ventura, CA 93003

(805) 642-2574

(805) 642-1830 (Fax)

C. COUNTY SOCIAL SERVICES OFFICES

The County Social Services offices in California serve as a delivery channel for many direct state services. An individual with a visual impairment may contact the county in which he/she resides to determine eligibility for services. Some of these services, which are coordinated at the County Social Service offices, are Medi-Cal benefits and In-Home Supportive Services (IHHS). A listing of these County Social Services offices is below.

ALAMEDA COUNTY

Social Services Agency

(510) 639-1090

Website: www.alamedasocialservices.org/public

ALPINE COUNTY

Department of Social Services

(530) 694-2235, ext. 241

Website:

www.alpinecountyca.gov/departments/health_and_human_services/social_services/social_services

AMADOR COUNTY

Department of Social Services

(209) 223-6550

Website: www.co.amador.ca.us/depts/social/index.htm

BUTTE COUNTY

Department of Employment and Social Services

(530) 538-7711

(800) 499-9189

Other Offices: (530) 879-3479

Website: www.buttecounty.net/dess/index.html

CALAVERAS COUNTY

Calaveras Works and Human Services

(209) 754-6448

Website:

www.co.calaveras.ca.us/cc/Departments/CalWorks.aspx

COLUSA COUNTY

Department of Social Services

(530) 458-0250

Website: colusadhhs.org/content/thirdTier/humServ.html

CONTRA COSTA COUNTY

Employment and Human Service Department

(800) 709-8348

Website: www.co.contra-costa.ca.us

DEL NORTE COUNTY

Department of Social Services

(707) 464-3191

Website:

www.dnco.org/cf/topic/topic4.cfm?Topic=County%20Government&SiteLink=200012.html

EL DORADO COUNTY

Department of Social Services

(530) 642-7300

Website:

www.co.el-dorado.ca.us/humanservices/index.asp

FRESNO COUNTY

Department of Human Services

Heritage Center, Fresno (559) 453-4998

University Med Center (559) 453-6447

Coalinga Regional Center (559) 935-6300

Selma Regional Center (559) 898-5100

Website: www.co.fresno.ca.us/CountyPage.aspx?id=16523

GLENN COUNTY

Human Resources Agency

(530) 934-6514

(530) 934-6510

Website:

www.hra.co.glenn.ca.us/mainSections/pubAssist/pubAssitMain.htm

HUMBOLDT COUNTY

Department of Social Services

(707) 476-4700

(800) 891-8551

Website: co.humboldt.ca.us/HHS/SSB

IMPERIAL COUNTY

Department of Social Services

(760) 337-6800

Website: imperialcounty.net/socialservices

INYO COUNTY

Department of Social Services

(760) 872-1394

Website:

www.inyocounty.us/Admin/vision_statement.htm

KERN COUNTY

Department of Human Services

(661) 631-6000

Website: www.co.kern.ca.us/dhs

KINGS COUNTY

Human Services Agency

(559) 582-3241

Website: www.countyofkings.com/HSA/index.htm

LAKE COUNTY

Department of Social Services

(707) 995-4200

(800) 628-5288

Website:

www.co.lake.ca.us/Government/DepartmentDirectory/Social_Services/Medi-Cal_Program.htm

LASSEN COUNTY

Lassen WORKS

(530) 251-8152

Website:

www.co.lassen.ca.us/govt/dept/soc_services/default.asp

COUNTY OF LOS ANGELES

Department of Public Social Services

(877) 597-4777 (Toll Free)

(213) 639-6300 (Limited Service Area)

Website: dpss.lacounty.gov/new_portal/dpss_medical.cfm

Belvedere District Office

(323) 727-4542

Civic Center District Office

***Civic Center General Relief Opportunities For Work
(Grow) Office***

(213) 974-4301

Compton District Office

(310) 603-8411

Cudahy District Office

(323) 560-5112

East Valley District Office

(818) 901-4120

El Monte District Office

(626) 569-3100

Florence District Office

(323) 586-7218

Glendale District Office

Glendale Grow Office

(818) 546-6100

Hawthorne Medi-Cal Regional District Office

(800) 834-9408

Lancaster District Office

(661) 723-4021

Lincoln Heights District Office

(323) 342-8180

Metro North District Office

(213) 639-5455

Metro Special District Office

Metro Special Grow Office

(213) 744-5611

Norwalk District Office

(562) 807-7869

Paramount District Office

(310) 603-5100

Pomona District Office

(909) 865-5210

Rancho Park District Office

Rancho Park Grow Office

(310) 481-3115

Santa Clarita District Office

(661) 298-3406

South Central District Office

(323) 563-4403

Southwest Special District Office

Southwest Special Grow Office

(323) 420-2833

West Valley District Office

(818) 718-5000

Wilshire Special District Office

(213) 738-4311

MADERA COUNTY

Department of Social Services

(559) 675-7841

Website:

www.madera-county.com/socialservices/index.html

MARIN COUNTY

Department of Health and Human Services

(415) 473-3400

Website:

www.co.marin.ca.us/depts/HH/main/ss/public.cfm

MARIPOSA COUNTY

Department of Human Services

(800) 266-3609

(209) 966-3609

Website: www.mariposacounty.org

MENDOCINO COUNTY

Department of Social Services

(707) 962-1000

(707) 463-7700

Website: www.mcdss.org

MERCED COUNTY

Human Services Agency

(209) 385-3000 ext. 5217

Website: www.co.merced.ca.us/hsa/medical.htm

MODOC COUNTY

Department of Social Services

(530) 233-6501

Website: www.modocounty.us/index.php

MONO COUNTY

Department of Social Services

(760) 932-5610

Mammoth Office: (760) 924-1773

Website:

www.monocounty.ca.gov/departments/social_services/social_services.htm

MONTEREY COUNTY

Department of Social Services

Salinas Office: (831) 755-8500 or (831) 755-4650

Seaside Office: (831) 755-4650

King City Office: (831) 385-7400

Website: mcdses.co.monterey.ca.us

NAPA COUNTY

Department of Social Services

(707) 253-4511

Website: www.co.napa.ca.us/Services.asp

NEVADA COUNTY

Human Services Agency

(530) 265-1340

(888) 809-1340 (Toll Free)

Website:

new.mynevadacounty.com/LivMediCal/index.cfm

ORANGE COUNTY

Social Services Agency

Orange County Regional Centers

Anaheim (714) 575-2400

Santa Ana (714) 435-5900

Aliso Viejo (949) 389-8200

Garden Grove (714) 741-7100

Website:

www.ssa.ocgov.com/Home_Content/locations.asp

PLACER COUNTY

Health and Human Services

(530) 889-7610

Roseville Office (916) 784-6000

North Lake Tahoe (530) 546-1912

Website:

www.placer.ca.gov/Departments/hhs/public_assistance.aspx

PLUMAS COUNTY

Department of Social Services

(530) 283-6350

Website:

www.countyofplumas.com/socialservices/ssindex.htm

RIVERSIDE COUNTY

Department of Public Social Services

(951) 955-6400

Website:

dpss.co.riverside.ca.us/dpss/Default.aspx

SACRAMENTO COUNTY

Department of Human Assistance

District Offices

Downtown Sacramento (916) 874-2256

East Sacramento (916) 874-3800

South Sacramento (916) 875-8100

Del Paso (916) 648-0894

Rancho Cordova (916) 875-8600

Elk Grove (916) 685-9273

Galt (209) 745-3484
Website: www.dhaweb.saccounty.net/index.htm

SAN BENITO COUNTY
Human Services Agency
(831) 636-4180
Website: www.sanbenitohhsa.org/index.html

SAN BERNARDINO COUNTY
Human Services System
(909) 388-0245
Website: hhss.co.san-bernardino.ca.us/HSS/default.asp

SAN DIEGO COUNTY
Department of Health and Human Services Agency
(866) 262-9881
Website: www2.sdcountry.ca.gov/hhsa/default.asp

CITY AND COUNTY OF SAN FRANCISCO
Health and Human Services
(415) 863-9892
Website:
<http://www.sfhhsa.org/A0923CE2A4ED4D21B4A4AEA111349A00.htm>

SAN JOAQUIN COUNTY
Human Services Agency
(209) 468-1000
Website: www.sjgov.org/hsa

SAN LUIS OBISPO COUNTY

Department of Social Services

(805) 781-1600

Other Offices

Atascadero (805) 461-6000

Paso Robles (805) 237-3110

Morro Bay (805) 772-6340

Website: www.slocounty.ca.gov/dss.htm

SAN MATEO COUNTY

Human Services Agency

(650) 802-5018

Website:

www.smchsa.org/smc/departments/home/0,,14095130_14132002,00.html

SANTA BARBARA COUNTY

Department of Social Services

(805) 681-4401

Website: www.sbcphd.org/hsp/default.html

SANTA CLARA COUNTY

Social Services Agency

(408) 271-5600

Website:

www.sccgov.org/portal/site/scc/chlevel2?path=%2Fv7%2FSCC%20Public%20Portal%2FHealth%20and%20Human%20Care

SANTA CRUZ COUNTY

Human Resources Agency

(831) 454-4131

Watsonville Office: (831) 763-8500

Website:

www.santacruzhealth.org/admnstr/2benefits.htm

SHASTA COUNTY

Department of Social Services

(530) 225-5767

Website: www.co.shasta.ca.us/html/DSS/dss_index.htm

SIERRA COUNTY

Social Services

(530) 993-6700

Downeyville Office: (530) 289-3711

Website:

www.sierracounty.ws/index.php?&MMN_position=4:4

SISKIYOU COUNTY

Human Services

(530) 841-2700

Weed Office: (530) 938-5100

Website: www.co.siskiyou.ca.us/humsvc/programs.htm

SOLANO COUNTY

Health and Social Services

(707) 553-5311

Website:

<http://www.co.solano.ca.us/depts/hss/default.asp>

SONOMA COUNTY

Human Services Department

(707) 565-5200

(877) 699-6868 (Toll-Free)

Website: www.sonoma-county.org/human/index.htm

STANISLAUS COUNTY

Community Services Agency

(209) 558-2777

Website: www.stanworks.com/index.php?nav=index-contents.htm

SUTTER COUNTY

Department of Human Services

(530) 822-7230

Website:

www.co.sutter.ca.us/doc/government/depts/hs/wss/hs_welfare_social_services

TEHAMA COUNTY

Department of Social Services

(530) 527-1911

Website: www.tcdss.org/publicassistance.htm

TRINITY COUNTY

Department of Health and Human Services

(530) 623-1265

Website:

www.trinitycounty.org/departments/hhs/hhsinfo.htm

TULARE COUNTY

Health & Human Services Agency

Dinuba (559) 591-5804

Lindsay (559) 562-1377

Porterville (559) 782-4750
Tulare (559) 685-2600
Visalia (559) 733-6111
Website: www.tularehhsa.org/social_serv/index.cfm

TUOLUMNE COUNTY

Department of Social Services

(209) 533-5711

Website:

portal.co.tuolumne.ca.us/psp/ps/TUP_DEPT_SOC_SVC/ENTP/h/?tab=DEFAULT

VENTURA COUNTY

Health Services Agency

(805) 658-4100

Regional Offices

Oxnard (805) 385-8487

Ventura (805) 658-4100

Santa Clara Valley (805) 933-8300

Simi Valley (805) 584-4842

Website:

portal.countyofventura.org/portal/page?_pageid=884,1129211&_dad=portal&_schema=PORTAL

YOLO COUNTY

Department of Employment and Social Services

(530) 661-2750

West Sacramento Office: (916) 375-6200

Website: www.yolocounty.org/Index.aspx?page=542

YUBA COUNTY

Health and Human Services Agency

(530) 749-6311 Website:

www.co.yuba.ca.us/departments/HHSD/Eligibility/Default.aspx

D. CALIFORNIA DEPARTMENT OF REHABILITATION

The Department of Rehabilitation (DOR) assists Californians with visual impairments in obtaining and retaining employment and maximizing their ability to live independently in their communities. The DOR also provides Americans with Disabilities Act (ADA) technical assistance and training and funds 29 Independent Living Centers, which offer information and referral services to assist individuals with disabilities so they may live active, independent lives.

The DOR has Specialized Blind Field Services which include assessment and counseling, adjustment to vision loss services, training and education, assistive technology training and job retention services. A phone listing for these Specialized Blind Field Services programs, by region, will be referenced later in this section.

Although all DOR offices assist all consumers, some of the offices have counselors for the blind. A "(B)" included in an address designates it as a "home" office of rehabilitation counselors for the blind. These offices are listed by county and the general website is located at: www.dor.ca.gov/eps/index.htm. For persons that have a hearing loss, in addition to a visual impairment, there are teletypewriter phones (TTYs) at some of these

offices. The contact information for all DOR offices is listed below by county.

ALAMEDA COUNTY OFFICES

www.dor.ca.gov/eps/drAlamed.htm

Berkeley Branch (B)

(510) 883-6000

(510) 540-3680 (TTY)

Fremont Branch (B)

(510) 794-2458

(510) 797-2493 (TTY) or (510) 794-2541 (TTY)

Oakland Branch

(510) 622-2764

(510) 622-2796 (TTY)

ALPINE COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in El Dorado.

AMADOR COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in El Dorado, Sacramento or San Joaquin County.

BUTTE COUNTY OFFICES

www.dor.ca.gov/eps/drButte.htm

Chico Branch (B)

(530) 895-5507

(530) 345-3897 (TTY)

CALAVERAS COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in El Dorado, Sacramento, San Joaquin County or Stanislaus County.

COLUSA COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in Butte, Mendocino or Yolo County.

CONTRA COSTA COUNTY OFFICES

www.dor.ca.gov/eps/drContra.htm

Greater East Bay District (B)

(925) 602-3953

(925) 676-5623 (TTY)

Antioch Branch

(925) 754-7700

Richmond Branch (B)

(510) 232-7062

(510) 231-8707 (TTY)

DEL NORTE COUNTY OFFICES

www.dor.ca.gov/eps/drDelNor.htm

Crescent City Branch

(707) 464-8347

EL DORADO COUNTY OFFICES

www.dor.ca.gov/eps/drElDora.htm

Placerville Branch

(530) 626-0900 (Voice/TTY)

South Lake Tahoe Branch

(530) 541-3226 (Voice/TTY)

FRESNO COUNTY OFFICES

www.dor.ca.gov/sanjoaquinvalley/index.htm

San Joaquin Valley District (B)

(559) 445-6011

(559) 266-3373 (TTY)

GLENN COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in Butte, Mendocino, Sutter or Tehama County.

HUMBOLDT COUNTY OFFICES

www.dor.ca.gov/eps/drHumbol.htm

Eureka Branch

(707) 445-6300

IMPERIAL COUNTY OFFICES

www.dor.ca.gov/eps/drlImperi.htm

El Centro Branch (B)

(760) 353-1350

(760) 353-1876 (TTY)

INYO COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in Fresno, Kern, San Bernardino or Tulare County.

KERN COUNTY OFFICES

www.dor.ca.gov/eps/drKern.htm

Bakersfield Southwest Branch (B)

(661) 395-2525

(661) 323-3909 (TTY)

Ridgecrest Branch

(760) 446-2523

(760) 446-3627 (TTY)

KINGS COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in Fresno, Kern, Monterey, San Luis Obispo or Tulare County.

LAKE COUNTY OFFICES

www.dor.ca.gov/eps/drLake.htm

Lakeport Branch

(707) 263-3797

(707) 263-3489 (TTY)

LASSEN COUNTY OFFICES

www.dor.ca.gov/eps/drLassen.htm

Susanville Branch

(530) 257-6073 (Voice/TTY)

LOS ANGELES COUNTY OFFICES

LOS ANGELES COUNTY HIGH DESERT OFFICES

www.dor.ca.gov/eps/drLAHigh.htm

Antelope Valley Branch (B)

(661) 945-3502

(661) 942-6694 (TTY)

(661) 945-2333 (TTY)

LOS ANGELES COUNTY SAN FERNANDO VALLEY OFFICES

www.dor.ca.gov/eps/drLASFV.htm

Van Nuys/Foothill District (B)

(818) 901-5024

(818) 901-5086 (TTY), (818) 901-5085 (TTY) or

(818) 901-4509 (TTY)

Glendale Branch

(818) 551-2141

Santa Clarita Branch

(661) 799-1020

(661) 799-1024 (TTY)

West Valley Branch (B)

(818) 596-4302

(818) 596-0196 (TTY)

**LOS ANGELES COUNTY SAN GABRIEL VALLEY
OFFICES**

www.dor.ca.gov/eps/drLASGbr.htm

El Monte Branch

(626) 572-2336

(626) 572-2481 (TTY)

Pasadena Branch (B)

(626) 304-8300

(626) 304-8324 (TTY)

West Covina Branch (B)

(626) 813-7662

(626) 939-9122 (TTY)

LOS ANGELES COUNTY CENTRAL OFFICES

www.dor.ca.gov/eps/drLACntl.htm

Greater Los Angeles District (B)

(213) 736-3904

(213) 736-3960 (TTY)

Bell Branch

(323) 771-0866

Crenshaw-West Adams Branch

(323) 766-2534

(323) 766-2581 (TTY)

LOS ANGELES COUNTY WEST OFFICES

www.dor.ca.gov/eps/drLAWest.htm

Culver City Branch (B)

(310) 559-6140

Westchester Branch

(310) 348-0965

(310) 641-3214 (TTY)

LOS ANGELES COUNTY SOUTH BAY OFFICES

www.dor.ca.gov/eps/drLASBay.htm

Los Angeles South Bay District (B)

(562) 422-8325

(562) 422-9276 (TTY)

Bay Cities Branch

(310) 793-1157

(310) 793-8610 (TTY)

Compton Branch

(310) 637-1151

(310) 637-6526 (TTY)

Long Beach Branch (B)

(562) 422-8325

(562) 422-9276 (TTY)

Pacific Gateway Branch

(310) 217-6955

LOS ANGELES COUNTY EAST OFFICES

www.dor.ca.gov/eps/drLAEast.htm

City of Commerce Branch (B)

(323) 720-4073

(323) 721-5142 (TTY)

East Los Angeles Branch (B)

(323) 223-2315

(323) 224-6068 (TTY)

Norwalk Branch (B)

(562) 864-8521

MADERA COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in Fresno or Merced County.

MARIN COUNTY OFFICES

www.dor.ca.gov/eps/drMarin.htm

San Rafael Branch (B)

(415) 507-1483

(415) 507-4508 (TTY)

MARIPOSA COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in Merced or Stanislaus County.

MENDOCINO COUNTY OFFICES

www.dor.ca.gov/eps/drMendoc.htm

Ukiah Branch (B)

(707) 463-4791

MERCED COUNTY OFFICES

www.dor.ca.gov/eps/drMerced.htm

Merced Branch

(209) 726-6529 (Voice/TTY)

MODOC COUNTY OFFICES

www.dor.ca.gov/eps/drModoc.htm

Modoc Employment Center One Stop Office

(530) 233-5730

MONO COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in El Dorado or Fresno County.

MONTEREY COUNTY OFFICES

www.dor.ca.gov/eps/drMonter.htm

Monterey Branch (B)

(831) 649-2969

(831) 649-7148 (TTY)

Salinas Branch

(831) 769-8066

(831) 769-8070 (TTY)

NAPA COUNTY OFFICES

www.dor.ca.gov/eps/drNapa.htm

Napa Branch

(707) 253-4924

NEVADA COUNTY OFFICES

www.dor.ca.gov/eps/drNevada.htm

Grass Valley Branch (B)

(530) 477-2600

(530) 477-7049 (TTY)

ORANGE COUNTY OFFICES

www.dor.ca.gov/eps/drOrange.htm

Orange/San Gabriel District

(714) 991-0800

(714) 991-0842 (TTY)

Fountain Valley Branch (B)

(714) 593-5678

(714) 963-5910 (TTY)

Laguna Hills Branch (B)

(949) 598-7942

(949) 598-7965 (TTY)

Santa Ana Branch

(714) 662-6030

PLACER COUNTY OFFICES

www.dor.ca.gov/eps/drPlacer.htm

Auburn Branch (B)

(530) 823-4040 (Voice/TTY)

Roseville Branch

(916) 774-4400

(916) 774-4416 (TTY)

PLUMAS COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in Butte, Lassen, Nevada, Shasta or Tehama County.

RIVERSIDE COUNTY OFFICES

www.dor.ca.gov/eps/drRivers.htm

Inland Empire District (B)

(951) 782-6650

(951) 682-0143 (TTY) or (951) 320-2061 (TTY) or

(951) 782-4277 (TTY) or (951) 782-3296 (TTY)

Blythe Branch

(760) 922-2118

Palm Desert Branch

(760) 674-0262

(760) 674-0266 (TTY)

Temecula Branch

(951) 693-4451

(951) 693-4468 (TTY)

SACRAMENTO COUNTY OFFICES

www.dor.ca.gov/eps/drSacram.htm

Northern Sierra District (B)

(916) 558-5300

(916) 558-5302 (TTY)

Capitol Mall Branch

(916) 558-5320

(916) 558-5322 (TTY)

Elk Grove Branch

(916) 691-1555

(916) 691-1764 (TTY) or (916) 691-1786 (TTY)

Northeast Branch (B)

(916) 537-2640

(916) 537-2659 (TTY) or (916) 537-2660 (TTY)

South Sacramento Branch

(916) 262-1575

(916) 262-2863 (TTY)

SAN BENITO COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in Fresno, Merced, Monterey, Santa Clara or Santa Cruz County.

SAN BERNARDINO COUNTY OFFICES

www.dor.ca.gov/eps/drSBerna.htm

Ontario Branch

(909) 948-6050 (Voice/TTY)

San Bernardino Branch (B)

(909) 383-4401

(909) 885-0028 (TTY)

Victorville Branch

(760) 243-0830

(760) 962-0036 (TTY)

SAN DIEGO COUNTY OFFICES

www.dor.ca.gov/eps/drSanDie.htm

San Diego District (B)

(619) 767-2100

(619) 767-2159 (TTY)

East County Branch (B)

(619) 667-5649

(619) 667-2970 (TTY)

North County Coastal Branch

(760) 479-1200

(760) 479-1210 (TTY)

North County Inland Branch

Please contact the North County Coastal Branch Office for assistance.

South County Branch

(619) 426-8720

(619) 426-8781 (TTY)

SAN FRANCISCO COUNTY OFFICES

www.dor.ca.gov/eps/drSanFra.htm

San Francisco District (B)

(415) 904-7100 (Voice/TTY)

(415) 904-7138 (TTY)

SAN JOAQUIN COUNTY OFFICES

www.dor.ca.gov/eps/drSanJoa.htm

Stockton Branch (B)

(209) 473-5900

(209) 473-6510 (TTY)

SAN LUIS OBISPO COUNTY OFFICES

www.dor.ca.gov/eps/drSanLOb.htm

San Luis Obispo Branch

(805) 549-3361

(805) 544-7367 (TTY)

SAN MATEO COUNTY OFFICES

www.dor.ca.gov/eps/drSanMat.htm

Menlo Park Branch

(650) 688-6380

San Bruno Branch

(650) 737-2606 (Voice/TTY)

San Mateo Branch (B)

(650) 358-4180

SANTA BARBARA COUNTY OFFICES

www.dor.ca.gov/eps/drStBarb.htm

Santa Barbara District (B)

(805) 560-8130

(805) 560-8167 (TTY)

Santa Maria Branch (B)

(805) 928-1891 (Voice/TTY)

SANTA CLARA COUNTY OFFICES

www.dor.ca.gov/eps/drStClar.htm

San Jose District (B)

(408) 277-1355

(408) 277-1043 (TTY) or (408) 277-1375 (TTY)

Piedmont Hills Branch

(408) 254-5750

(408) 254-5764 (TTY)

Gilroy Branch

(408) 848-1345

(408) 848-2316 (TTY)

SANTA CRUZ COUNTY OFFICES

www.dor.ca.gov/eps/drStCruz.htm

Capitola Branch

(831) 465-7100

(831) 465-7125 (TTY)

SHASTA COUNTY OFFICES

www.dor.ca.gov/eps/drShasta.htm

Redding Branch

(530) 224-4708

(530) 224-4727 (TTY) or (530) 224-4910 (TTY)

SIERRA COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in Butte, Lassen or Nevada County.

SISKIYOU COUNTY OFFICES

www.dor.ca.gov/eps/drSiskiy.htm

Yreka Branch

(530) 842-1662 (Voice/TTY)

SOLANO COUNTY OFFICES

www.dor.ca.gov/eps/drSolano.htm

Fairfield Branch

(707) 428-2080

SONOMA COUNTY OFFICES

www.dor.ca.gov/eps/drSonoma.htm

Redwood Empire District (B)

(707) 576-2233

(707) 542-6365 (TTY) or (415) 454-7992 (TTY)

STANISLAUS COUNTY OFFICES

www.dor.ca.gov/eps/drStanis.htm

Modesto Branch

(209) 576-6220

(209) 576-6180 (TTY)

SUTTER COUNTY OFFICES

www.dor.ca.gov/eps/drSutter.htm

Yuba City Branch

(530) 822-4591

(530) 822-4594 (TTY)

TEHAMA COUNTY OFFICES

www.dor.ca.gov/eps/drTehama.htm

Red Bluff Branch

(530) 529-4270 (Voice/TTY)

TRINITY COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in Humboldt, Mendocino, Shasta, Siskiyou or Tehama County.

TULARE COUNTY OFFICES

www.dor.ca.gov/eps/drTulare.htm

Visalia Branch

(559) 735-3838

(559) 735-3836 (TTY)

TUOLUMNE COUNTY OFFICES

www.dor.ca.gov/eps/drTuolum.htm

Sonora Branch

(209) 536-2988

VENTURA COUNTY OFFICES

www.dor.ca.gov/eps/drVentur.htm

Oxnard-Ventura Branch (B)

(805) 385-2400 (Voice/TTY)

Thousand Oaks Branch

(805) 371-6279

YOLO COUNTY OFFICES

www.dor.ca.gov/eps/drYolo.htm

Northern Sierra District affiliate

(530) 668-6824

(530) 668-6829 (TTY)

YUBA COUNTY OFFICES

DOR currently has no offices in this county, so please locate the nearest office in Butte, Nevada, Placer or Sutter County.

Blind Field Services Program

The Blind Field Services Program, formed in 2003, has dedicated DOR staff and resources providing specialized services to persons who are blind or visually impaired. The contact information specific to blind services at the DOR is listed below.

(916) 558-5480 (Voice)

(916) 558-5482 (TTY)

Website: www.dor.ca.gov/ssd/blindser.htm

E-mail: blindinfo@dor.ca.gov

Their offices are located by region, and the contact information is listed below.

NORTHERN REGION

San Joaquin Valley

(559) 445-6011

(559) 266-3373 (TTY)

Greater East Bay

(925) 602-3953

(925) 676-5623 (TTY)

Northern Sierra

(916) 274-5801 (Voice and TTY)

San Francisco

(415) 904-7100

(415) 904-7138 (TTY)

San Jose

(408) 277-1355

(408) 277-1043 (TTY)

Santa Barbara

(805) 560-8130

(805) 560-8167 (TTY)

Redwood Empire

(707) 576-2233

(707) 542-6365 (TTY)

SOUTHERN REGION

Greater Los Angeles

(213) 736-3904

(213) 736-3960 (TTY)

Los Angeles South Bay

(562) 422-8325

(562) 422-9276 (TTY)

Orange/San Gabriel

(714) 991-0800

(714) 991-0842 (TTY)

Inland Empire

(909) 782-6650

(909) 782-3296 (TTY)

San Diego

(619) 767-2100

(619) 767-2159 (TTY)

Van Nuys/Foothill

(818) 901-5024

(818) 901-5086 (TTY)

E. LARGE PRINT BOOKS

Large print books are usually set in 14 point type or larger. This point type is more than twice the size of standard newsprint which is generally in 10 point type.

This is a sample of 14 point type.

This is a sample of 16 point type.

This is a sample of 18 point type.

This is a sample of 18 point bold type.

The public library is the best source for Large Print books. “The Complete Directory of Large Print Books and Serials TM” is published annually by R.R. Bowker and lists many titles available in Large Print. This publication should be available in the library’s reference section and you may also acquire information about this publication at:

www.bowker.com/index.php/component/content/article/2/38. Most libraries will arrange interlibrary loans of books they do not own.

Large Print cookbooks, bibles and reference books are books that readers often want to own rather than borrow. Large Print books are available in stores and directly from various publishers. Contact information for publishers of Large Print books is listed below.

AMERICAN PRINTING HOUSE FOR THE BLIND, INC.

1839 Frankfort Avenue

P.O. Box 6085

Louisville, KY 40206

(800) 223-1839 (Toll-Free for U.S. and Canada)

(502) 895-2405

(502) 899-2274 (Fax)

Website: www.apb.org

E-mail: info@aph.org

The American Printing House (APH) for the Blind, Inc. is the world's largest company devoted solely to researching, developing and manufacturing products for people who are blind or visually impaired. The APH manufactures textbooks and magazines in Braille, Large Print, recorded, and computer disc formats.

CLEARINGHOUSE FOR SPECIALIZED MEDIA AND TRANSLATIONS

1430 N Street, Room 3207

Sacramento, CA 95814

(916) 445-5103

(916) 323-9732 (Fax)

Website: csmt.cde.ca.gov

Educational material adopted by the State Board of Education is produced in a variety of formats such as: Braille, Large Print, audio recordings and Digital Talking Books. This organization will also provide Large Print material for the general public.

DOUBLEDAY LARGE PRINT

1225 South Market Street
Mechanicsburg, PA 17055
(800) 688-4442 (Toll-Free)
(317) 542-8920

Website: www.doubledaylargeprint.com

E-mail: service@doubledaylargeprintbookclub.com

Doubleday Large Print® features a wide range of bestselling fiction and nonfiction from popular authors. This is a “book club” format, so a minimum number of purchases are required.

TRANSACTION PUBLISHERS LARGE PRINT

Transaction Publishers
300 McGraw Drive
Raritan Center
Edison, NJ 08837
(888) 999-6778 (Toll-Free)
(732) 445-1245
(732) 748-9801 (Fax)

Website: www.transactionpub.com

E-mail: orders@transactionpub.com

This company produces classic and contemporary literature, self-help and reference books.

LIBRARY REPRODUCTION SERVICE

14214 South Figueroa Street

Los Angeles, CA 90061

(800) 255-5002 (Toll-Free)

(310) 354-2610

(310) 354-2601 (Fax)

Website: www.lrs-largeprint.com

E-mail: lrspring@aol.com

Library Reproduction Service (LRS) produces Large Print reproductions of primarily educational reading material in 14 to 30 point type on a fee-per-page basis.

READER'S DIGEST LARGE PRINT

Reader's Digest Assistant

Readers Digest Road

Pleasantville, NY 10570

(800) 310-6261 (Toll-Free)

(914) 238-1000

(914) 238-4559 (Fax)

Website:

www.rd.com/offer/rdlp/giftown06_53/index.jsp?trkid=rdcom_lp_leftnav&lid=170

Selections from Reader's Digest publications in 16 point type. Annual subscription is 12 volumes. Contact phone numbers or website listed above for subscription prices.

ULVERSCROFT LARGE PRINT BOOKS

P.O. Box 1230

West Seneca, NY 14224-1230

(800) 955-9659 (Toll-Free)

(716) 674-4270

(716) 674-4195 (Fax)

Website: www.edisure.com/~ulverscroft/usa/usindex.html

E-mail: enquiries@ulverscroft.co.uk

Classic, contemporary fiction and non-fiction available in 16 point print.

F. AUDIO BOOKS AND PERIODICALS

ASSOCIATED SERVICES FOR THE BLIND

919 Walnut Street
Philadelphia, PA 19107
(215) 627-0600
(215) 922-0692 (Fax)
Website: www.asb.org
E-mail: asbinfo@asb.org

The Recording Department narrates more than two dozen popular magazines which are then made available on cassette. Associated Services for the Blind (ASB) also provides custom recordings for individuals, organizations and corporations.

AURORA MINISTRIES

Audio Bibles for the Blind
P.O. Box 621
Bradenton, FL 34206
(941) 748-3031
(941) 748-2625 (Fax)
Website: www.auroraministries.org
E-mail: Bibles@auroraministries.org

Aurora Ministries provides the Bible on cassette tape free of charge in 52 languages. The Audio Bibles are

available in English in both cassette tape and CD/MP3 formats. ***Verification of visual impairment required.***

BOOKS ALOUD, INC

Dr. Martin Luther King, Jr. Library (Lower Level)
150 East San Fernando Street
San Jose, CA 95112

Mailing Address:

P.O. Box 5731

San Jose, CA 95150

(408) 808-2613

(408) 808-2625 (Fax)

Website: www.booksaloud.org/home.htm

E-mail: info@booksaloud.org

Books Aloud lends recorded books on all subjects free of charge. ***Verification of visual impairment required.***

BOOKS ON TAPE

A Division of Random House, Inc.

Attn: Customer Service

400 Hahn Road

Westminster, MD 21157

(800) 626-3333

Website: www.booksontape.com

Books on Tape rents and sells audio books.

CHOICE MAGAZINE LISTENING

85 Channel Drive

Port Washington, NY 11050

(888)724-6423 (Toll-Free)

(516) 883-8280

(516) 944-6849 (Fax)

Website: www.choicemagazinelistening.org

E-mail: choiceMag@Aol.Com

Choice Magazine Listening offers free bimonthly selections from many different print magazines, recorded on 4-track cassette tapes playable on the special Library of Congress playback machines; tapes need not be returned.

CLEARINGHOUSE FOR SPECIALIZED MEDIA AND TRANSLATIONS

1430 N Street, Room 3207

Sacramento, CA 95814

(916) 445-5103

(916) 323-9732 (Fax)

Website: csmt.cde.ca.gov

Educational material adopted by the State Board of Education is produced in a variety of formats such as: Braille, Large Print, audio recordings and Digital Talking Books. This organization will also provide audio recorded material for the general public.

FOLSOM PROJECT FOR THE VISUALLY IMPAIRED

c/o Officer Bob Schmitz

P.O. Box 6422

Folsom, CA 95763-6422

(916) 351-3032

(916) 351-3010 (Fax)

The Folsom Project for the Visually Impaired loans books on tape and records new material on tapes, in Braille, or closed caption. They also critique web sites for ADA compliancy.

JEWISH BRAILLE INSTITUTE (JBI) INTERNATIONAL

110 East 30th Street

New York, NY 10016

(800) 433-1531 (Toll-Free)

(212) 889-2525

(212) 689-3692 (Fax)

Website: www.jbilibrary.org

General E-mail: admin@jbilibrary.org

Library Information E-mail: plam@jbilibrary.org

JBI International provides audio books, magazines and cultural programs in seven languages (English, Russian, Yiddish, Hebrew, Hungarian, Romanian and Polish).

Call to request a free catalog.

THE JEWISH HERITAGE FOR THE BLIND

1655 East 24th Street
Brooklyn, NY 11229
(800) 995-1888 (Toll-Free)
(718) 338-0653
(877) 230-2205 (Fax)
Website: www.hftb.org
E-mail: info@hftb.org

The Jewish Heritage for the Blind produces free material in English and Hebrew in extra Large Print and Braille.

NEWSWEEK AND READER'S DIGEST

American Printing House (APH) for the Blind, Inc.
1839 Frankfort Avenue
P.O. Box 6085
Louisville, KY 40206
(800) 223-1839 (Toll-Free for U.S. and Canada)
(502) 895-2405
(502) 899-2274 (Fax)
Website: www.aph.org/products/magsubsc.htm
E-mail: info@aph.org

Reader's Digest® on cassette and in Braille and
Newsweek® on cassette are available free of charge to
qualified visually impaired or blind readers.

RECORDING FOR THE BLIND AND DYSLEXIC®

20 Roszel Road
Princeton, NJ 08540
866-732-3585
800-221-4792 (Member Services)
Website: www.rfbd.org
E-mail: custserv@rfbd.org

The Recording for the Blind and Dyslexic (RFB&D) is a national nonprofit, volunteer organization that produces educational materials for students with disabilities such as visual impairment or dyslexia.

VOLUNTEERS OF VACAVILLE

P.O. Box 670
Vacaville, CA 95696
(707) 448-6841 ext. 2044

The Volunteers of Vacaville transcribe print materials onto audio tape, duplicate book titles and service/repair of all models of the Perkins Braille writers.

XAVIER SOCIETY FOR THE BLIND

154 East 23rd Street
New York, NY 10010
(212) 473-7800
(800) 637-9193
Website: www.xaviersociety.com

The Xavier Society for the Blind provides free spiritual and inspirational Roman Catholic reading materials and lending library services in Braille, Large Print, audiocassette, and digital formats.

G. RADIO READING SERVICES IN CALIFORNIA

NORTHERN CALIFORNIA REGION

CHICO

Northstate Public Radio, KCHO – FM

California State University, Chico

35 Main Street

Chico, CA 95929

(530) 898-5896

(530) 898-4348 (Fax)

Website: www.kcho.org

E-mail: info@kcho.org

Area Covered: Sacramento to North Chico through a network of translators. Below is a listing of the cities and the radio station sub-frequencies.

Burney – 91.9

Chester – 89.7

Dunsmuir – 91.9

Greenville – 100.9

Hayfork – 99.7

Mt. Shasta – 91.9

Oroville – 92.3

Weaverville – 89.5

Weed – 91.9

Westwood – 98.3

Access: Special Receiver/TV, VCR, Stereo Adapter required and via the internet.

REDDING

Northstate Public Radio, KFPR – FM

603 North Market Street
Redding, CA 96003

Mailing Address:

P.O. Box 990061
Redding, CA 96099
(530) 241-5246
(530) 241-5246 (Fax)
Website: www.kcho.org
E-mail: info@kcho.org

SAN FRANCISCO

Access to Information (AIS) Radio

LightHouse for the Blind and Visually Impaired
214 Van Ness Avenue
San Francisco, CA 94102
(415) 431-1481
(415) 431-4572 (TTY)
(415) 863-7568 (Fax)
Website: www.lighthouse-sf.org/services/ais/radio.php
E-mail: AIS@lighthouse-sf.org

Area Covered: Greater San Francisco and the Bay Area.

Access: Via Second Audio Program (SAP) of KTVU Television Channel 2 and can be heard on the internet.

Hours of Operation: 24 hours/7 days per week.

SOUTHERN CALIFORNIA REGION

LOS ANGELES

Los Angeles Radio Reading Service (LARRS)

Studio Address:

Northridge Fashion Center
9301 Tampa Avenue, Suite 18
Northridge, CA 91316

Mailing Address:

6216 Sylvia Avenue
Tarzana, CA 91335
(818) 345-2874

Website: www.larrs.org

E-mail: Jolie@larrs.org

Area Covered: Los Angeles County.

Access: Reception of the signal requires a special receiver which may be obtained from LARRS.

Hours of Operation: 24 hours/7 days per week.

SAN DIEGO

KPBS Radio Reading Service

San Diego State University

5200 Campanile Drive

San Diego, CA 92182

(619) 594-8170

Website: www.kpbsreadingservice.org/

Area Covered: San Diego County.

Access: Receiver which may be obtained from KPBS Radio Reading Services.

Hours of Operation: 24 hours/7 days per week.

YUCAIPA

Audio Vision Radio Reading Service for the Blind, Inc.

35242 Yucaipa Boulevard, Suite C

Yucaipa, CA 92399

(888) 734-3228 (Toll-Free)

(909) 797-4336

(909) 797-3516 (Fax)

Website: www.audiovisionradio.org

E-mail: info@audiovisionradio.org

Area Covered: Portions of Los Angeles, Orange, San Bernardino and Riverside counties.

Access: Special receiver required.

Hours of Operation: 24 hours/7 days per week.

H. NEWSLETTERS, MAGAZINES AND JOURNALS

AGE PAGE

National Institute on Aging (NIA)

Information Center

31 Center Drive, MSC 2292

Building 31, Room 5C27

Bethesda, MD 20892

(800) 222-2225 (Toll-Free)

(301) 496-1752

(800) 222-4225 (TTY)

(301) 496-1072 (Fax)

Website:

www.nia.nih.gov/HealthInformation/Publications

The **Age Page** offers information on a range of health issues that concern older people. Write for a list of available topics and most publications are free of charge.

AMERICAN FOUNDATION FOR THE BLIND (AFB) PUBLICATIONS

AFB eNews

AFB online Newsletter

The Journal of Visual Impairment and Blindness (JVIB)

11 Penn Plaza, Suite 300

New York, NY 10001

(800) 232-5463 (Toll-Free)

(212) 502-7600

(212) 502-7777 (Fax)

Website: www.afb.org

E-mail: afbinfo@afb.net

The **AFB eNews** is published monthly and printed on the AFB website. The eNews keeps readers up to date on AFB's latest activities and presents featured articles that offer the "big picture" regarding the most pressing issues in the blindness field. In addition to the AFB eNews, the AFB offers **electronic newsletters** to registered users.

The Journal of Visual Impairment and Blindness (JVIB) is a monthly publication that includes research articles, as well as shorter pieces of interest to practitioners and extensive news coverage about the field of visual impairment. For additional information on this publication and to download a copy of the current edition, access the website at:

www.afb.org/Section.asp?SectionID=54

BLIND CALIFORNIAN

California Council of the Blind (CCB)

1510 J Street, Suite 125

Sacramento, CA 95814

(800) 221-6359 (Toll-Free)

(916) 441-2100

(916) 441-2188 (Fax)

Website: www.ccbnet.org

E-mail: ccotb@ccbnet.org

The Blind Californian is published quarterly with coverage of CCB statewide events, pertinent legislation, feature articles, technology reviews and generally, whatever may be of interest and value to blind people. The Bulletin Board section lists items, events and merchandise. Subscription is included in CCB membership. **The Blind Californian** is available in, Large Print, Braille, on cassette tape or disk.

THE BRAILLE FORUM

American Council of the Blind (ACB)
1155 15th Street North West, Suite 720
Washington, DC 20005

(800) 424-8666

(202) 467-5081

(202) 467-5085 (Fax)

Website: www.acb.org/magazine/index.html

The Braille Forum is the monthly magazine of the American Council of the Blind. In addition to the versions on the web site, **the Braille Forum** is available in Braille, audio cassette, Large Print, and by e-mail. It contains information of interest both to ACB members and the general public.

THE BRAILLE MIRROR

Braille Institute of America
741 North Vermont Avenue
Los Angeles, CA 90029
(800) BRAILLE or (800) 272-4553
(323) 906-3104
(323) 663-0867 (Fax)
Website:

www.universalmediaservices.org/FreeSubscriptions.htm

E-mail: la@brailleinstitute.org

The Braille Institute publishes and distributes an audio taped general interest magazine, free of charge to visually impaired subscribers.

THE BRAILLE MONITOR

1800 Johnson Street
Baltimore, MD 21230
(410) 659-9314, ext. 2344
(410) 685-5653 (Fax)
Website: www.nfb.org/nfb/Braille_Monitor.asp
E-mail: nfb@nfb.org

The Braille Monitor is the leading publication of the National Federation of the Blind (NFB). It covers the events and activities of the NFB and addresses the many issues and concerns of the blind. Subscriptions are available in Large Print (14-point), in Braille, on 2- or 4-track cassette, or via e-mail.

DIALOGUE

Blindskills, Inc.

P.O. Box 5181

Salem, OR 97304

(800) 860-4224 (Toll-Free)

(503) 581-4224

(503) 581-0178 (Fax)

Website: www.blindskills.com

E-mail: magazine@blindskills.com

DIALOGUE magazine is published bimonthly by Blindskills, Inc., a nonprofit organization based in Salem, Oregon. **DIALOGUE** is an international news magazine edited for individuals who are experiencing vision loss or are blind, and their friends and families. Magazine formats are Large Print, Braille, cassette, diskette and e-mail.

GLEAMS

Glaucoma Research Foundation (GRF)

251 Post Street, Suite 600

San Francisco, CA 94108

(800) 826-6693 (Toll-Free)

(415) 986-3162

(415) 986-3763 (Fax)

Website: www.glaucoma.org

E-mail: questions@glaucoma.org

GLEAMS is a newsletter which is published three times per year. Articles contain medical information about

glaucoma, the latest research on glaucoma and coping techniques. This newsletter is free of charge and is available in regular print, standard audio cassette tape, e-mail and at the Glaucoma Research Foundation's website.

INFOCUS

Foundation Fighting Blindness (FFB)

11435 Cronhill Drive

Owings Mills, MD 21117

(800) 683-5555 (Toll-Free)

(800) 683-5551 (TTY)

(410) 568-0150

Website: www.blindness.org

E-mail: info@fightingblindness.org

InFocus is a printed booklet that is mailed out three times a year from the FFB. Its major emphasis is to report research and science news and FDA-approved clinical trials related to retinal degenerative diseases. InFocus also reports on other FFB news and events.

THE LANTERN

LightHouse for the Blind and Visually Impaired

214 Van Ness Avenue

San Francisco, CA 94102

(415) 431-1481

(415) 431-4572 (TTY)

(415) 863-7568 (Fax)

Website: www.lighthousesf.org
E-mail: lantern@lighthouse-sf.org

The Lantern is a free, monthly publication that primarily covers Lighthouse activities in the Greater San Francisco Bay Area. The classified ads are a good source for used equipment. **The Lantern** is available in Large Print, Braille, cassette tape, CD, floppy disk and e-mail formats.

LIGHTHOUSE INTERNATIONAL PUBLICATIONS

Sharing Solutions

Aging and Vision

EnVision

Visionary Philanthropy

The Sol and Lillian Goldman Building

111 East 59th Street

New York, NY 10022

(800) 829-0500 (Toll-Free)

(212) 821-9200

(212) 821-9713 (TTY)

(212) 821-9707 (Fax)

Website: www.lighthouse.org/aboutus/newsletters

E-mail: info@lighthouse.org

A listing of various newsletters and publications by Lighthouse International are listed below. These can be downloaded from the website or you may write to the organization for an alternative format.

Sharing Solutions is a newsletter for people with impaired vision and their support networks.

Aging and Vision is a publication for practitioners, researchers and educators.

EnVision is a publication for parents and educators of children with impaired vision.

Visionary Philanthropy is a newsletter for donors and friends of the Lighthouse.

In addition to these newsletters, Lighthouse International has some informational books that may be downloaded from the website. These are listed below.

“Vision Loss Is Not a Normal Part of Aging -- Open Your Eyes to the Facts!”

“Family and Friends Make a Difference! How to Help When Someone Close to You is Visually Impaired”

“When Your Partner Becomes Visually Impaired ... Helpful Insights and Coping Strategies”

THE NIGHT LIGHTER

Retinosa Pigmentosa (RP) International
P.O. Box 900
Woodland Hills, CA 91365
(800) 344-4877 (Toll-Free)

(818)992-0500

(818) 992-3265 (Fax)

Website: www.rpinternational.org

E-mail: info@rpinternational.org

The Night Lighter tracks activities of RP International, but also includes information on new RP research and educational and social programs in Southern California. **The Night Lighter** does not have a publication schedule, but is usually published semi-annually. It is available in Large Print, on cassette tape and on Cable Radio Network where available.

OUTLOOK

National Eye Institute

Information Office

31 Center Drive, MSC-2510

Bethesda, MD 20892

Website: www.nei.nih.gov/nehep/newsletter/index.asp

E-mail: 2020@nei.nih.gov

This publication provides informational updates on eye health education and disease prevention activities. It informs the readers of new material and community activities of the National Eye Health Education Program Partnership Organizations and others interested in eye health education. A list of publications can be found at: <http://catalog.nei.nih.gov/productcart/pc/mainIndex.asp>.

PREVENT BLINDNESS NORTHERN CALIFORNIA PUBLICATIONS

1388 Sutter Street, Suite 408
San Francisco, CA 94109
(800) 338-3041 (Toll-Free In California)
(415) 567-7500
(415) 567-7600 (Fax)
Website: www.eyefinfo.org
E-mail: g@eyefinfo.org

Preventing Blindness Northern California offers a quarterly newsletter which is available for download on their website or by subscription which can be mailed to your residence.

Another publication entitled, “**Help Coping with Sight Loss, Resources for Northern California**” is a resource index that offers easy-to-access information on causes of vision loss and lists the names, addresses, phone numbers, e-mail addresses, descriptions and linked websites of close to 200 organizations offering services to people with vision impairments. Additional information on this publication can be accessed at: www.eyefinfo.org/resources_new/support/downloadCoping.html.

SIGHTLINES

Center for the Partially Sighted (CPS)
12301 Wilshire Boulevard, Suite 600
Los Angeles, CA 90025

(310) 458-3501
(310) 458-8179 (Fax)
Website: www.low-vision.org
E-mail: info@low-vision.org

CPS Valley Office
18425 Burbank Boulevard #706
Tarzana, CA 91356
(818) 705-5954

Sightlines shares information about programs at the Center for the Partially Sighted and news about activities conducted throughout the nation. Contents are creative and focus on how to live more independently and adaptively. This free publication, which is available in Large Print, is produced sporadically, depending on the budget.

I. CATALOGS OF MERCHANDISE

AMERICAN PRINTING HOUSE (APH)

1839 Frankfort Avenue

P.O. Box 6085

Louisville, KY 40206

(800) 223-1839 (Toll-Free US/Canada)

(502) 895-2405 (Main Number)

(502) 899-2274 (Fax)

Website: www.aph.org

E-mail: info@aph.org

The APH for the Blind products are primarily designed for students, but many are also useful for adults both in education and in daily living.

ANN MORRIS

A Division of Independent Living Aids, Inc.

200 Robbins Lane

Jericho, NY 11753

Mailing Address:

P.O. Box 9022

Hicksville, NY 11802

(516) 937-1848 (Toll-Free)

(800) 537-2118

(516) 937-3906 (Fax)

Website: www.annmorris.com

E-mail: can-do@independentliving.com

This catalog contains canes, magnifiers, talking watches, talking clocks, Large Print books, Zoom Text magnification software, Braille software, Braille products, talking cooking gadgets and much more.

BEYOND SIGHT, INC

5650 South Windermere Street

Littleton, CO 80120

(303) 795-6455

(303) 795-6425 (Fax)

Website: www.beyondsight.com

E-mail: support@beyondsight.com

Products include Closed Circuit TV (CCTV) systems that can enlarge the type or graphics on a page up to two to sixty-four times its original size, other magnification readers, computers, Braille displays, printers, games, gifts, home and health aids, kitchen aids, canes, talking watches and clocks.

CAPTEK/SCIENCE PRODUCTS

P.O. Box 888

Southeastern, PA 19399

(610) 296-2111

(800) 888-7400 (Toll-Free)

Mailing Address:

1043 Lincoln Highway

Berwyn, PA 19312

Website: www.captek.net

E-mail: info@captek.net

Captek/Science Products offers an assortment of diversified products including tools, instruments and materials for the workplace.

CAROLYN'S LOW VISION PRODUCTS

1415 57th Avenue West

Bradenton, FL 34207

(941) 739-5555 (Information)

(800) 648-2266 (Information and Orders)

(941) 739-5503 (Fax)

Website: www.carolynscatalog.com

E-mail: support@carolynscatalog.com

Products include a variety of magnifiers and CCTVs. Carolyn's carries helpful products for people of all ages to use to read, write, enjoy hobbies and maintain independence.

ENABLING TECHNOLOGIES

1601 North East Braille Place

Jensen Beach, FL 34957

(800) 777-3687 (Toll-Free)

(772) 225-3687

(800) 950-3687 (Toll Free Fax)

(772) 225-3299 (Fax)

Website: www.brailier.com

E-mail: sales-usa@brailler.com
info@brailler.com

This company provides a wide variety of Braille printers, embossers, labelers, translation software, Braille and tactile graphics and reading machines.

ESCHENBACH OPTIK OF AMERICA

904 Ethan Allen Highway
Ridgefield, CT 06877
(800) 487-5389 (Toll-Free)
(203) 438-7471
(203) 438-1670 (Fax)
Website: www.eschenbach.com
E-mail: info@eschenbach.com

This company provides a variety of Low Vision optical enhancement devices.

FREEDOM SCIENTIFIC

11800 31st Court North
St. Petersburg, FL 33716
(877) 775-9474 (Toll-Free)
(727) 803-8000
(727) 803-8001 (Fax)
Website: www.freedomscientific.com

This company provides a wide variety of Braille 'n Speak machines, specialized software, Braille graphic

software, Windows screen readers, speech synthesizers, Braille translators and accessories.

INFOGRIP

1794 East Main Street
Ventura, CA 93001
(800) 397-0921
(805) 652-0770
(805) 652-0880 (Fax)
Website: www.infogrip.com
E-mail: info@infogrip.com

This company provides ergonomically designed computer accessories such as keyboard, pointing, switching, mounting and desk, vision aid and other ergonomically designed assistance devices.

THE LIGHTHOUSE STORE

Lighthouse International
The Sol and Lillian Goldman Building
111 East 59th Street
New York, NY 10022
(800) 829-0500 (Toll-Free)
(212) 821-9200
(212) 821-9713 (TTY)
(212) 821-9707 (Fax)
Website: www.lighthouse.org
E-mail: info@lighthouse.org

Products include talking clocks, watches, scales and calculators. Among the non-speaking items are folding canes, magnifiers, a variety of household and personal items, health necessities and leisure products. Unusual items featuring Large Print, Braille, or high contrasting colors which make it easy for someone with impaired vision to use are also available.

L.S. & S. GROUP

145 River Rock Drive

Buffalo, NY 14207

(800) 468-4789 (Toll-Free)

(866) 317-8533 (TTY)

(877) 498-1482 (Toll-Free Fax)

Website: www.lssproducts.com

L.S. & S. offers an assortment of merchandise specifically for the visually impaired. Products range from grab bars and software to a Speedo water radio and an automatic potato peeler.

NATIONAL ASSOCIATION FOR VISUALLY HANDICAPPED

NAVH – San Francisco

507 Polk Street, Suite 420

San Francisco, CA 94102

(415) 775-6284

(415) 346-9593 (Fax)

Website: www.navh.org

E-mail: staffca@navh.org (West Coast)

NAVH – New York

22 West 21st Street, 6th Floor

New York, NY 10010

(212) 889-3141 or (212) 255-2804

(212) 727-2931 (Fax)

E-mail: navh@navh.org (East Coast)

National Association for Visually Handicapped (NAVH) products include magnifiers, low glare lighting, UV blocking sunglasses, needle threaders, Large Print playing cards, talking watches and numerous other items.

J. VENDORS OF ASSISTIVE TECHNOLOGY

ACKLEY APPLIANCE SERVICE

4301 Park Avenue, Suite 540

Des Moines, IA 50321

(515) 288-3981

Website: www.braillerman.com

E-mail: aackley@braillerman.com

This company provides repair, reconditioning and updating on all Perkins Braille Machines.

ADAPTIVE TECHNOLOGY CONSULTING, INC.

P.O. Box 778

Amesbury, MA 01913

(978) 462-3817

(978) 462-3928 (Fax)

Website: www.adaptivetech.net

E-mail: gyarnall@adaptivetech.net

This is a full service company which offers a variety of products, support and training in the use of equipment for the blind, visually impaired and individuals with reading difficulties.

AI SQUARED

P.O. Box 669
Manchester Center, VT 05255
(800) 859-0270 (Toll-Free)
(802) 362-3612
(802) 362-1670 (Fax)
Website: www.aisquared.com
E-mail: support@aisquared.com

AI Squared provides screen readers and magnifiers as well as handheld magnifiers.

ATNETWORK

The Alliance for Technology Access (ATNetwork Affiliate)
1304 Southpoint Boulevard, Suite 240
Petaluma, CA 94954
(800) 390-2699
(800) 900-0706 (TTY)
Website: <http://www.atnet.org>
E-mail: info@atnet.org

This is a statewide project which promotes: access to assistive technologies, related services, technology resource centers, community based organizations and assistive technology information to enable children and adults with disabilities.

BRaille JYMICO

4545 1^{ère} Avenue
Charlesbourg Qc, Canada G1H 2S8
(877) 272-4553 (Toll-Free)
(418) 624-2105
(418) 624-0994 (Fax)
U.S. Office
70 West Madison Street
Three First National Plaza, Suite 1400
Chicago, IL 60602
(312) 214-2380
(312) 214-3110 (Fax)
Website: www.braillejymico.com
E-mail: info@braillejymico.com

Braille Jymico produces graphics using contours and musical texts in Braille. They offer personal messages transcribed in Braille on business, birthday and holiday cards.

DOLPHIN COMPUTER ACCESS, INC.

231 Clarksville Road, Suite 3
Princeton Junction, NJ 08550
(866) 797-5921 (Toll-Free)
(609) 803-2171
(609) 799-0475 (Fax)
Website: www.yourdolphin.com
E-mail: info@dolphinusa.com

Dolphin Computer Access provides low vision magnifiers and speech synthesizers. This company offers low vision software with screen magnification, speech and Braille support, and a scanner that reads and converts text into synthesized speech.

DUXBURY SYSTEMS, INC.

270 Littleton Road, Unit 6

Westford, MA 01886

(978) 692-3000

(978) 692-7912 (Fax)

Website: www.duxburysystems.com

E-mail: info@duxsys.com

Duxbury Systems provides Braille translators in a number of different languages that work with a person's computer.

ENABLING TECHNOLOGIES COMPANY

1601 Northeast Braille Place

Jensen Beach, FL 34957

(800) 777-3687 (Toll-Free)

(772) 225-3687

(800) 950-3687 (Toll-Free Fax)

(772) 225-3299 (Fax)

Website: www.brailler.com

E-mail: info@brailler.com

Enabling Technologies Company is the world's leading manufacturer of Braille embossers. They also offer translation software and Braille tactile graphics.

GW MICRO, INC.

725 Airport North Office Park

Fort Wayne, IN 46825

(260) 489-3671

(260) 489-2608 (Fax)

Website: www.gwmicro.com

E-mail: support@gwmicro.com
sales@gwmicro.com

GW Micro offers adaptive technology for blind, visually impaired and learning disabled people.

INNOVATIVE REHABILITATION TECHNOLOGY, INC.

13465 Colfax Highway

Grass Valley, CA 95945

(800) 322-4784 (Toll-Free)

(530) 274-2090

(530) 274-2093 (Fax)

Website: www.irti.net

E-mail: info@irti.net

Innovative Rehabilitation Technology, Inc. (IRTI) provides everyday useful products as well as high tech innovations for the blind, visually impaired, individuals with dyslexia and learning disabilities. They sell specialized products for daily

living, work accommodation and school resources including DAISY book readers, 4-track talking book cassette players, custom computer systems with adaptive software and hardware, talking time pieces, personal organizers, digital voice recorders, note takers, money identifiers, caller ID units and more.

INNOVENTIONS, INC.

9593 Corsair Drive
Conifer, CO 80433
(800) 854-6554 (Toll-Free)
(303) 797-6554
(303) 727-4940 (Fax)
Website: www.magnicam.com
E-mail: magnicam@magnicam.com

Innoventions, Inc. is a wonderful source of the Magni-Cam family trio of products. They are portable and affordable electronic magnifier for people with low vision.

JBLISS LOW VISION SYSTEMS

P.O. Box 7382
Menlo Park, CA 94026
(888) 452-5477 (Toll-Free)
(650) 327-5477
Website: www.jbliss.com
E-mail: info@ibliss.com

JBLISS provides software products and magnifiers that enable people who are blind or have low vision to read documents from printed material, the internet or compact disk. Their products are highly configurable or customized to individual needs for variation in font size, letter movement, speed or spacing. JBLISS also has a web browser and a word processor for low vision applications.

JENSEN IT

1689 Elk Boulevard
Des Plaines, IL 60016

(847) 803-0044

(847) 803-6019 (Fax)

Website: www.jensenit.com/about_us.html

E-mail: info@jensenit.com

Jensen Information Technologies (Jensen IT) is a full service network solutions and high-speed communications provider for computer and internet needs for people with visual, hearing and physical impairments. In addition to networking and internet solutions, Jensen IT offers value-added leasing, extended maintenance service and competitive pricing to cover all technology needs.

KURZWEIL EDUCATIONAL SYSTEMS, INC.

100 Crosby Drive
Bedford, MA 01730
(800) 894-5374 (Toll-Free)
(781) 276-0650 (Fax)

Website: www.kurzweilededu.com

E-mail: info@kurzweilededu.com

Kurzweil Educational Systems is recognized as a major developer of reading technology for people with learning difficulties and those who are blind or visually impaired. This company has human-like synthesized voice products that allow access for reading, managing and creating text and images.

MAGNISIGHT, INC.

3631 North Stone Avenue
Colorado Springs, CO 80907

(800) 753-4767 (Toll-Free)

(719) 578-8893

(719) 578-9887 (Fax)

Website: www.magnisight.com

E-mail: info@magnisight.com

This company is owned and operated by people with low vision. They offer CCTVs, manual focus, dual auto/manual focus and PC compatible video magnifiers, with optional features like Select-A-Color and Line Marking/Windowing.

NANOPAC, INC.

4823 South Sheridan Road, Suite 302
Tulsa, OK 74145

(800) 580-6086 (Toll-Free)

(918) 665-0329

(918) 665-2310 (TTY)
(918) 665-0361 (Fax)
Website: www.nanopac.com
E-mail: info@nanopac.com

Nanopac provides a full range of products for blindness, low vision, quadriplegia, nonverbal, reading disabilities, voice recognition and voice activated environmental controls.

OCUTECH, INC.

109 Conner Drive, Suite 2105
Chapel Hill, NC 27514
(800) 326-6460 (Toll-Free)
(919) 967-6460
(919) 967-8146 (Fax)
Website: www.ocutech.com
E-mail: info@Ocutech.com

Ocutech provides low vision magnifiers.

OPTELEC U.S., INC.

3030 Enterprise Court, Suite D
Vista, CA 92081
(800) 826-4200 (Toll-Free)
(800) 368-4111 (Toll-Free Fax)
Website: www.optelec.com
E-mail: info@optelec.com

Optelec provides low vision and CCTV magnifiers.

OVAC

67-555 East Palm Canyon, Bldg C-103
Cathedral City, CA 92234
(800) 325-4488 (Toll-Free)
(760) 321-9711 (Fax)
Website: www.ovac.com
E-mail: info@ovac.com

OVAC offers affordable magnifying units from the basic black and white to full color with auto focus and zoom. Each OVAC unit comes with a 30-day trial and a two-year warranty free with purchase.

REPROTRONICS, INC.

75 Carver Avenue
Westwood, NJ 07675
(800) 948-8453 (Toll-Free)
(201) 722-1880
(201) 722-1881 (Fax)
Website: www.repro-tronics.com
E-mail: info@repro-tronics.com

This company offers tactile products and software for the blind and visually impaired which provide the ability to create and design documents.

R.J. COOPER & ASSOCIATES

27601 Forbes Road, Suite 39
Laguna Niguel, CA 92677

(800) 752-6673 (Toll-Free)
(949) 582-2572
(949) 582-3169 (Fax)
Website: www.rjcooper.com
E-mail: info@rjcooper.com

R.J. Cooper & Associates have developed products for persons with very special needs, including special software and hardware adaptations. Their assistive technology enables people with disabilities to do more with computers.

SEEDLINGS BRAILLE BOOKS FOR CHILDREN

P.O. Box 51924
Livonia, MI 48151
(800) 777-8552 (Toll-Free)
(734) 427-8552
(734) 427-8552 (Fax)
Website: www.seedlings.org
E-mail: info@seedlings.org

Seedlings is a nonprofit organization dedicated to providing high quality, low cost Braille books for children. Books range from contemporary literature to well-loved classics. Seedlings offers over 560 low cost Braille books for children.

SLATER SOFTWARE, INC.

351 Badger Lane
Guffey, CO 80820
(877) 306-6968 (Toll-Free)

(719) 479-2255

(719) 479-2254 (Fax)

Website: www.slatersoftware.com

Slater Software provides software for Picture it, a program for language and literacy skills and PixWriter for beginning writers. Both add picture to text.

SSB BART GROUP

Washington D.C.

1489 Chain Bridge Road, Suite 100

McLean, VA 22101

(703) 442-5023

(703) 734-8381

Silicon Valley

300 Brannan Street, Suite 608

San Francisco, CA 94107

(415) 624-2702

(415) 624-2708 (Fax)

Website: www.bartsite.com

E-mail: support@ssbbartgroup.com

The SSB Bart Group provides access solutions for organizations to ensure accessibility for people who are blind or visually impaired. They also provide on-site adaptive technology training and support, product sales, turnkey systems, scripting and web page usability testing.

SYNAPSE ADAPTIVE

14 Lynn Court
San Rafael, CA 94901
(800) 317-9611 (Toll-Free)
(415) 455-9700
(415) 455-9801 (Fax)
Website: www.synapseadaptive.com
E-mail: info@synapseadaptive.com

Synapse Adaptive provides and designs solutions for accommodation equipment which satisfy the requirements that businesses and organizations must meet to assist individuals with disabilities.

T-BASE COMMUNICATIONS, INC

19 Main Street
Ottawa Ontario, Canada K1S1A9
(800) 563-0668 (Toll-Free)
(613) 236-0866
(613) 236-0484 (Fax)
Website: www.tbase.com
E-mail: info@tbase.com

T-Base offers several communication solutions. This company provides services such as transcription, publications and business cards in Braille. Also available is Accessbill which allows clients billing through a secured electronic system in Large Print format, audio format, diskette and Braille.

TELESENSORY CORPORATION

650 Vaqueros Avenue, Suite F

Sunnyvale, CA 94085

(800) 804-8004 (Toll-Free)

(408) 616-8700

(408) 616-8701

(408) 616-8720 (Fax)

Website: www.telesensory.com

E-mail: info@insiphil.com

Telesensory Corporation has developed products for visually impaired and blind people so that they may achieve greater independence through innovative, technology-based products.

VISION CUE

4858-A S.W. Scholls Ferry Road

Portland, OR 97225

(888) 318-2582 (Toll-Free)

(503) 297-1510

(503) 459-4003 (Fax)

Website: www.visioncue.com

This company offers a selection of Braille, low vision and speech products such as screen readers, translators and accessible cell phones.

VISION TECHNOLOGY, INC.

8501 Delport Drive

St. Louis, MO 63114

(800) 560-7226 (Toll-Free)

(314) 890-8300

(314) 890-8383 (Fax)

Website: www.visiontechnology.com

E-mail: vti@vti1.com

Vision Technology manufactures and provides a video magnification system for the visually impaired. This system is used to magnify video images for training, education, remote analysis, rework and documentation.

WORDS+, INC.

42505 10th Street West

Lancaster, CA 93534

(800) 869-8521 (Toll-Free)

(661) 723-6523

(661) 723-2114 (Fax)

Website: www.words-plus.com

E-mail: info@words-plus.com

Words+, Inc. has a philosophy that communication and computer access products will "unlock the person." They offer communication systems and software, hand-held devices, speech devices and hardware accessories.

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